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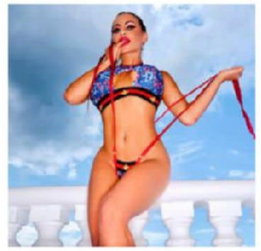
CONTENTS 04/20

Final Fantasy p12

Heidi Esperanza p24

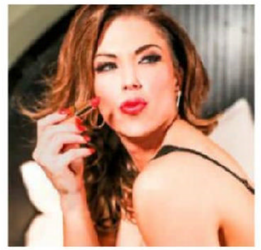
Brains & Brawn! p32

On the cover | Lux Ferrari p50



Elektra Sky p70

Get ready to dine p78



Elizabeth Marshall p86

06 HAVE A LAUGH!
Stay entertained with 25 of the best comedies for social isolation

12 MORE FUN INDOORS
The latest games to explore while staying indoors

18 WHERE WILD HORSES ROAM
From janitor to juggernaut, the success story of Ma Huateng

24 HEIDI ESPERANZA
Being smart never looked this HOT!

32 THE INTERNET AIN'T SAFE
We review eight of the best VPNs to buy this year

34 BRAINS & BRAWN!
The latest Huracan Evo that combines both brains and brawn!

40 TOP OF THEIR GAME
A Top 10 Countdown of the world's highest-paid athletes

50 COVER FEATURE | LUX FERRARI
This month's cover star is none other than the gorgeous Lux Ferrari

60 KEEP IT COOL
The latest outfits that'll put the spring back in your step

70 ELEKTRA SKY
The busty beauty with the deep blue eyes

78 FIVE OF OUR FAVORITES
Get ready to dine with these five sizzling recipes

86 ELIZABETH MARSHALL
Create and smart, she's the full package!

92 SEXERCISE LIKE A PRO
The benefits of sexercise and three positions you have to try!

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THE 25 BEST COMEDIES

...for Social Isolation

With social isolation a reality in 2020, we find ourselves stuck at home reading the news of the depressing events around the world. So we thought there is no better time to catch up on some classic comedies to lighten the mood and make the social isolation a bit more bearable. We chose Netflix since the Netflix Party plugin allows you and your friends to watch the same movie while chatting away. *By Andre Coetzer*

As Good As It Gets

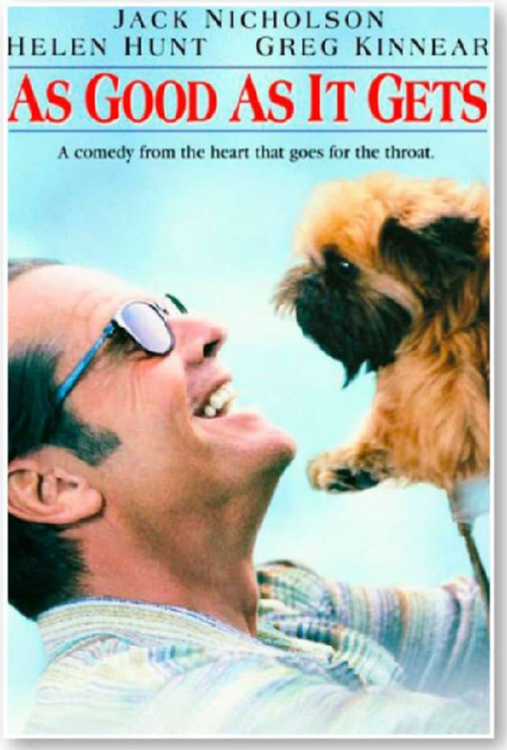
Melvin Udall (Jack Nicholson) is an obsessive-compulsive writer of romantic fiction who's rude to everyone he meets, including his gay neighbor Simon (Greg Kinnear), but when he has to look after Simon's dog, he begins to soften and, if still not completely over his problems, finds he can conduct a relationship with the only waitress (Helen Hunt) at the local diner who'll serve him. Believe it or not, this is the last movie to win both the Oscar for Best Actor and Best Actress. Some of it is a bit dated, but it catches just enough lightning in a bottle in terms of casting to justify another look.

Between Two Ferns: The Movie

The famous web series turned full motion picture sees, Zach Galifianakis travel across the country trying to save his tv show. It's as ridiculous as the shorts and some of the interviews are incredibly cringe-worthy and does the web series justice. It also stars some of the biggest Hollywood names today starring Benedict Cumberbatch, Will Ferrell, Gal Gadot, Tiffany Haddish, Jon Hamm, Matthew McConaughey, and many more.

DR. "ALMOST" EVIL

Although Jim Carey was approchaed, and show interest in playing Austin Power's arch-nemesis, he had already signed on for *Liar Liar*. Giving us one of the most hilarious villians in movie history.



The Austin Powers Trilogy

Arguably Mike Myers's most popular franchise films, right next to Wayne's World, sees Myers take on the role of goofy British super spy Austin Powers battling to save the world against the sinister and over the top bad guy, Dr. Evil. It's a ridiculous spoof on the James Bond films and although some of the jokes might feel very dated in 2020, it's still the perfect movie marathon for complete silliness and incredible one-liners.

Chasing Amy

Kevin Smith was on a roll in the '90s and his best flick Chasing Amy is without a doubt his best work. It's a story of a man who falls in love with a lesbian and destroys his friendship in the process. Smith has never been better than he is here at capturing believable, funny human relationships, and he gets his best acting work of his career as well from Ben Affleck, Joey Lauren Adams, and Jason Lee.

Don't Think Twice

Mike Birbiglia is a member of a group of comedians in New York City who watches as one of them becomes famous, while the others do not. How even jealousy impacts friendship is smartly examined in this funny, empathetic movie that also stars Gillian Jacobs, Kate Micucci, and the incredible versatile Keegan-Michael Key.

Ferris Bueller's Day Off

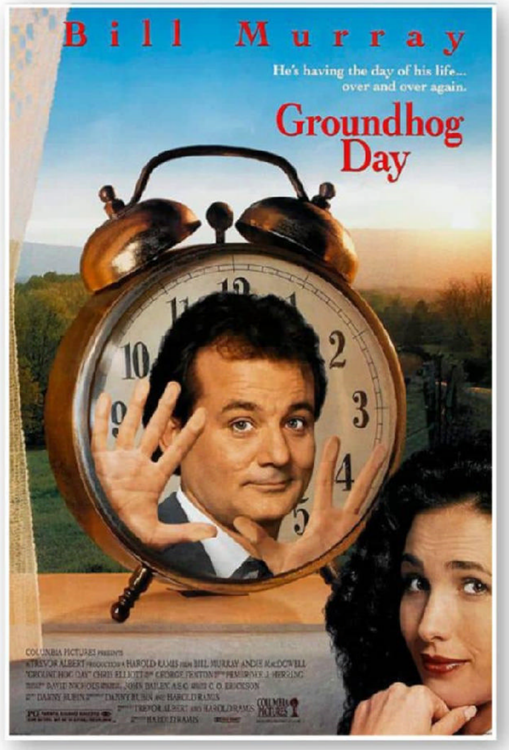
One of the most popular comedies of its era turned its title character into a household name. The pitch is so beautifully simple: the most popular kid in high school takes the day off and gets into trouble in Chicago while driving his sister and principal insane. Great physical sequences mixes with a very hip '80s sensibility to create a classic comedy that could be a hit if it came out today.

Get Him to the Greek

Russel Brand, the once-famous British comedian, returns to his Forgetting Sarah Marshall character, Aldous Snow, an obnoxious rock star who takes a talent scout played by Jonah Hill along for the ride of his personal meltdown. Brand and Hill are funny, and you may have forgotten that Rose Byrne and Elisabeth Moss pop up in funny supporting roles too.

Goon

Seann William Scott, Stifler from American Pie as he is best known, stars in this 2011 hockey comedy as Doug Glatt, a sweet but kinda dumb guy who becomes the tough guy on a hockey team. And although it flopped badly in the cinema, it found a cult following with home audiences. It's incredibly funny and surprisingly sweet with Scott's career-best work.



Groundhog Day

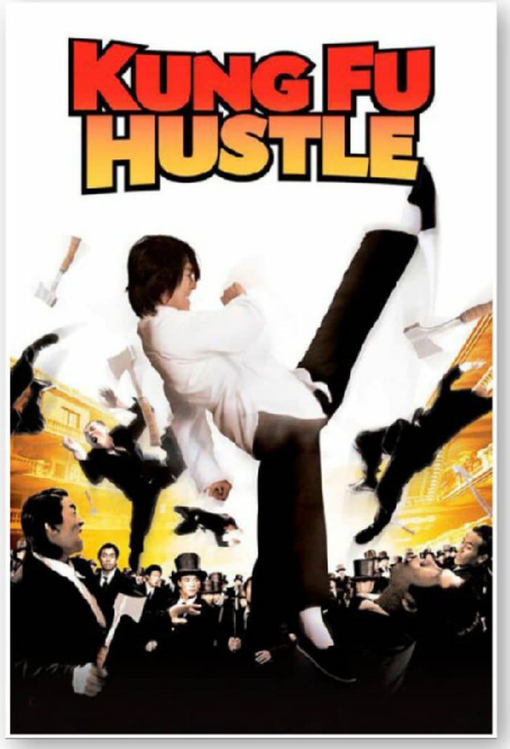
Believe it or not, this 1993 Bill Murray vehicle wasn't that rapturously received critically or commercially when it came out, but it's become a beloved genre classic. Murray stars as a weatherman forced to relive the same day over and over again until he gets it right. Many feel it's Murray's best role ever and it's held up so much better than most early '90s comedies.

Harold & Kumar Go to White Castle

There was a time when Harold and Kumar had a slew of movies, each one worse than the other, but Go To White Castle was the one that still remains a worthy watch and has some clever if disgusting jokes. But there is more to this wise-cracking movie, It's actually a really progressive flick when it comes to representation and the theme of fighting to get what you want in life, even if it's a cheeseburger.

THAT'S ONE MEAN HOG!

The groundhog bit Murray. Three times while shooting. Murray claimed Scooter, the groundhog, hated him from day one.



Jerry Maguire

Show me the money, one of the most quotable lines ever in movie history came from this Cameron Crowe classic. Tom Cruise plays the title character, a sports agent who is pushed into starting his own agency while he falls in love with a single mother, played by Renee Zellweger. It's sweet, smart, and funny. It was also the movie that earned Cuba Gooding Jr an Oscar for his performance as the Football Star.

Kingpin

The Farrelly brothers had a slew of hits in the '90s from Dumb and Dumber to Something About Mary, but it's their underrated Kingpin movie that truly delivers on gross-out comedy. Starring Woody Harrelson as a grifting bowler and Randy Quaid as the Amish prodigy he exploits and then befriends. All you need to know about this movie is that it's laugh-out-loud funny from beginning to end, and also features one of Bill Murray's best supporting performances.

Kung Fu Hustle

You have likely never seen a movie quite like this 2004 martial arts comedy, Stephen Chow's masterpiece. Set in 1940s China, this worldwide hit features some of the best stunt work you can find on Netflix, all in service of a movie that often plays like a live-action cartoon. It's ridiculous and unforgettable.

Men in Black

They say the original is always better and never has it been more true that the original sci-fi/comedy Men in Black. Will Smith and Tommy Lee Jones starred in this classic as two secret agents set to deal with illegal aliens that visit earth. It still holds up today and still blows up the catastrophe that was the recent reboot. And of course, the soundtrack is still amazing.

Monty Python and the Holy Grail

This is the Pythons at their best, the world-changing British comedy troupe of Graham Chapman, John Cleese, Terry Gilliam, Eric Idle, Terry Jones, and Michael Palin. Holy Grail is a parody of tales like those of the Knights of the Round Table and is one of the most heavily quoted movies of all time, a comedy that feels like it's playing in some theatre somewhere in the world, probably at midnight, every single day. Its popularity simply never recedes.

ROCK & ROLL BUDGET

The film's initial budget of approximately £200,000 was raised by 10 separate investors who pitched in £20,000 apiece. Three of those investors were the rock bands Pink Floyd, Led Zeppelin, and Genesis

Monty Python's Life of Brian

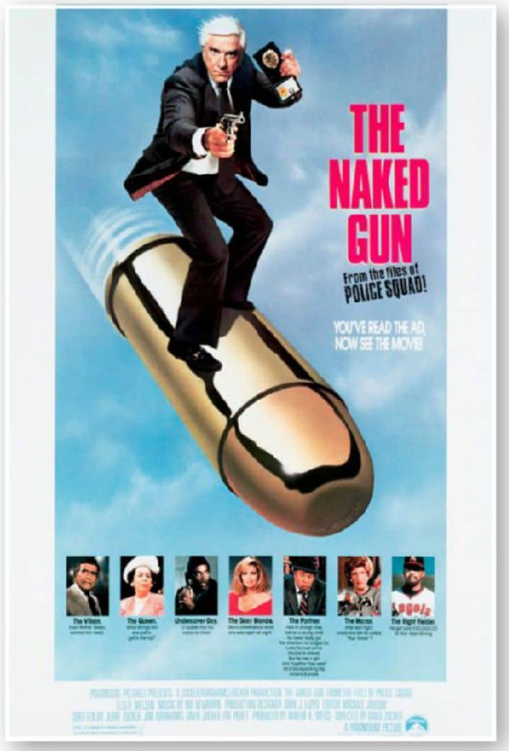
Holy Grail may be laugh-out-loud funnier, but it's arguable that Life of Brian is actually smarter. Monty Python's most controversial movie stars Graham Chapman as Brian Cohen, a lowly peasant that is mistaken for the Messiah. It's an incredibly smart film that caused quite an uproar when it was released due to accusations of blasphemy.

Nacho Libre

Jared Hess and Jack Black's goofy senses of humor meshed well in this 2006 comedy hit. Black plays a cook at an Oaxacan monastery who unexpectedly becomes a famous luchador, but that's just the skeleton of a plot on which to hang physical humor and silly behavior. It's the kind of comedy that's easy to put on in the background while you're doing other things. Sometimes that's all you want from Netflix.

"WEIRD" FIRST DATES

Wearing the same Hawaiian shirt as his big-screen self, Weird Al would take first dates to see the movie, without telling them he was in it. According to Yankovic His dates "flipped out" when they realized.



The Naked Gun

A gloriously ridiculous spoof of cop shows/films in which the late great Leslie Nielsen's Frank Drebin stumbles upon a plot to kill Queen Elizabeth II that involves Reggie Jackson. It's too bad they don't make movies this gloriously stupid (in a good way) as often as they did in the '80s and '90s. The second film is also on Netflix.

The Original Kings of Comedy

Spike Lee directed one of the best stand-up movies of all time when he helmed this look at a tour featuring sets by Steve Harvey, D.L. Hughley, Cedric the Entertainer, and a movie-stealing Bernie Mac. Shot over two nights of the tour, Lee focuses mostly on the stand-up, but we also get some nice behind-the-scenes footage on a magical event. It's also a nice reminder that we lost Bernie Mac way too soon, and how incredibly funny he was in everything he did.

The Other Guys

Capping off a decade that included Anchorman, Old School, Step Brothers, and Talladega Nights, the SNL alum co-stars with Mark Wahlberg as two cops forced to step into the spotlight after the hysterical death of the two most popular officers on the force. Ferrell and Wahlberg are great in one of Adam McKay's funnier comedies. He should reunite with his best leading man and make another one.

Swiss Army Man

There are not a lot of movies like this Sundance hit. Just when you think you've seen it all, along comes Daniel Radcliffe as a farting corpse, that doubles up as a swiss army knife. The former Boy Who Lived stars with Paul Dano in a film that can't really be captured in a tiny list entry. It's weird but in such a good way.

Zack and Miri Make a Porno

Lifelong platonic friends Zack and Miri look to solve their respective cash-flow problems by making an adult film together. As the cameras roll, however, the duo begins to sense that they may have more feelings for each other than they previously thought. It's not the best movie ever but Seth Rogen and Elizabeth Banks are so delightful and fun to watch that you just don't care.

Scott Pilgrim vs. the World

Michael Cera stars in Edgar Wright's vibrant adaptation of Bryan Lee O'Malley's graphic novel, a movie that feels like it could come out exactly the same way today, almost a decade after its release. Wright's style is perfect for this material, capturing the tone and structure of the source material with his razor-sharp editing and wit.

Scary Movie

The team behind this 2000 comedy knew that movies like Scream and I Know What You Did Last Summer were so incredibly popular that people would turn out in droves for a parody of them. In fact, this movie made more than both, launching an entire franchise of Airplane-esque mockeries of popular horror films. It's more than just a comedy, it's a snapshot of a fascinating movement in pop culture.

Step Brothers

The pinnacle of Will Ferrell and Adam McKay's comedy career remains this modern classic, a movie that's as rewatchable as anything you could possibly find on any streaming service. One of the reasons for that is the fearless joy with which Ferrell and John C. Reilly literally throw themselves into the roles of stepbrothers who start as enemies and end as family.

What the Puck-Man?

Scott's history about Pac-Man is true. Pac-Man was originally called "Puck-Man" because of his hockey-puck-shape, but the name was changed in American markets to avoid unwanted vandalism.

INDOORS

Going out can be great fun, but so can staying indoors. Here are some of the latest titles we're playing that'll have you exploring MORE without having to leave your personal comfort zone! So go on, grab the snacks, get those drinks ready, hell, bring a bucket if you need to because these games will have you playing for days!

Starting with...

With all the hype surrounding the release of Final Fantasy VII Remake, younger or new to gaming folk might be a bit lost to the history of the series and we can't blame them. It's a complicated history with numerous releases across multiple console generations, but we have a comprehensive list of the best of Final Fantasy for any newcomers keen on giving this legendary series a go.

FINAL FANTASY VI

Considered by many to be the best Final Fantasy game ever made, originally released in North America as Final Fantasy III, Final Fantasy VI was the last 16-bit mainline entry. It featured a stellar cast of more than a dozen characters and ushered in the steampunk-style world design that would carry over to the PlayStation games in the late '90s. Perfectly paced, Final Fantasy VI achieved such high levels of narrative impact because of its setup. The first half introduces the cast, from the compelling starting protagonist, Terra Branford to the rebel treasure hunter Locke Cole, all who want to take down the Empire. But the back half of the game opened things up, allowing you to complete objectives and dungeons in a non-linear order. This level of freedom was astonishing at the time. Everything in Final Fantasy VI, from the story to combat systems to the world made for a nearly flawless Final Fantasy experience. This was Square at their absolute best.

FINAL FANTASY VIII

The weirdest and most divisive Final Fantasy game does come highly recommended. It was the game in the long-running series that reinvented the active time battle wheel without completely abandoning the series' roots. The new junction system replaced armor and other accessories for customization, and each main character had a set weapon that drastically affected their combat style. The planet, a futuristic set of five landmasses based off of Europe, had a level of detail we hadn't seen in a Final Fantasy game thus far. While Final Fantasy VII introduced 3D models, Final Fantasy VIII significantly refined their designs so we could see Squall and friends in better detail. And with the recently released Remaster, one can now experience one of the most dramatic and emotional Final Fantasy games to date.

FINAL FANTASY XII

The first mainline, non-MMO to drop random battles in favor of real-time combat, Final Fantasy XII was divisive amongst fans. The wondrous world of Ivalice is filled with interesting characters and richly detailed environments. The combat, formally known as the Active Dimension Battle system, was incredibly deep thanks to the gambit system and modified Limit Break system called Quickenings. The License Board added further nuance to the leveling system, similar to the Sphere Grid in Final Fantasy X. Although the opening few hours was painfully slow, but once the world opened up and you got used to the radical battle system, the world of Ivalice housed one of the deepest and most rewarding Final Fantasy experiences around.

FINAL FANTASY IV

The first entry in the series for the Super Nintendo, Final Fantasy IV is basically the first Final Fantasy that truly mattered. Final Fantasy IV turned the franchise into the epic series we know and love today. It ushered in the active time battle era, a system that continued uninterrupted until Final Fantasy X. The class system also received a nice new layer, as each class felt designed to tell a specific aspect of the story. The story primarily follows Cecil, his love interest Rosa, and his longtime friend Kain, but a sizable cast of supporting characters contribute to the wacky story that revolves around the Lunarians, a race who lives on a fake moon near Earth. The introduction of the active time battle system and the new focus on character-driven narratives made Final Fantasy IV feel a huge cut above its predecessors.

FINAL FANTASY V

From a gameplay perspective, Final Fantasy V is near perfect and is extremely playable to this very day. The SNES classic saw a massive update to the job system, that gave players a near-endless world of possibilities when approaching the active time battles. Sadly the story didn't quite match up to the truly fantastic gameplay and of all the games in the series, the characters and overarching story is underwhelming at best. Regardless of the lack of truly epic storylines, Final Fantasy IV is still highly recommended purely for the phenomenal gameplay, that once mastered is very hard to put down.

FINAL FANTASY XIII

When first announced for the PS3 and Xbox 360, Final Fantasy fans could not stop drooling over the beauty of the next iterations in the series. Everything looked amazing, from the characters to the amazing locations they visited. Lightning looked like an amazing main character surrounded by equally interesting companions. And then the game released and fans were horrified. Yes, it looked amazing, but it was by far the most linear FF in the series. Initially one would find one's party trapped in tight corridor situations with very little options on where to go. It was only after a solid 20 – 30 hours before the world opened up and by that time many gamers gave up on the heavily Japanese inspired entry. But even with its linearity FF XIII had a fantastic yet quite sci-fi inspired story with some truly moving moments and characters that one truly cared for by the time the credits rolled. If linearity does not bother you then Final Fantasy XIII is still highly recommended.

FINAL FANTASY XV

The most recent addition to the series, Final Fantasy XV looked to change everything, for better or for worse. For the first time in the series, the game would be set in an open-world action RPG that entirely drops random encounters in favor of a real-time battle system. It's more exciting and flashy on the surface, but the action-based battles lack the depth and intricate nuance of earlier Final Fantasy games. The main characters, a group of road-tripping buddies that just stepped out of Emo-Monthly was also a major departure from the usual gang of individuals. Square-Enix looked to shake up the series and many would argue they shook too hard. Yet the game has many redeeming qualities and after a long journey with the characters, one does feel a sense of camaraderie between them. Uneven at times and perhaps less inspiring as it could've been, Final Fantasy VX is still a wonderful game to explore and experience.

The Best

FINAL FANTASY

Games to Play Right Now

Anyone who was gaming in the '90s will instantly tell you that Final Fantasy VII was and is one of the greatest games ever made. The original release wowed audiences across the world with its epic story and the mind-blowing mix of gameplay and FMV sequences. Since 1997 people have been enamored with the seminal game and for the last 20 years or so gaming audiences have been begging for a remake of one of the greatest video games ever. Now in 2020, twenty-three years after the original release, Square-Enix has answered the cries. Enter Final Fantasy VII Remake, possibly the best game of 2020.

Final Fantasy VII is set in Midgar, a city powered by Mako, the lifeblood of the planet. By exploiting this resource through their Mako Reactors, the Shinra Electric Power Company has all but seized control of the entire world. A ragtag group of idealists, known as Avalanche, are one of the last bastions of resistance. Cloud, an elite SOLDIER operative turned mercenary, takes part in an Avalanche operation to destroy Mako Reactor 1 in the city of Midgar. The bombing plunges the city into fiery chaos, and amidst the raging inferno, Cloud is tormented by visions of a bitter enemy long thought dead. After this hallucination fades, he meets a young woman selling flowers, who offers him a single yellow blossom. In that instant, a host of swirling shadows surround them. Once more begins a story that will shape the destiny of an entire world.

Firstly, the game looks amazing. From the city itself to the excellent character models, Final Fantasy VII Remake is even more gorgeous than any gamer could've imagined. But it's not just the visuals that have received a massive overhaul. The combat system itself has been modernized, stepping away from the turn-based combat of the original release. The new tactical mode allows you to assess your enemies' strengths and weaknesses and employ powerful magic and special abilities to fight effectively. Such is the guiding principle of this unique system, a mix of traditional command-based Final Fantasy combat and real-time action, giving you the power to choose how you play. As you build ATB charges in combat, you will be able to perform stronger attacks, cast magic, use items, and execute other battle commands. When accessing your commands menu in battle, time slows down dramatically, giving you the freedom to develop and carry out a plan of attack.

Take this opportunity to use your ATB charges to employ a variety of abilities, magic, items, and limit breaks. Adapt to the strengths and weaknesses of your enemies and take control of the tide of battle. With brand new shiny graphics, an overhauled battle system and brand-new dialogue that further fleshes out the already complex characters, Final Fantasy VII Remake is exactly what gamers wanted. There were many naysayers beforehand and rightly so, the odds of this turning in a dumpster fire was high, but Square-Enix smashed it out of the park. This game is essential for everyone!

RESIDENT EVIL 3™

Nostalgia is a powerful thing, especially in the gaming community. Many fondly look back to the golden era of gaming, when they were all teenagers and life was simple and the games were good. Of course, the problem with such rose-tinted viewing is often the misconception of what was good and what was all-round bad, and gaming nostalgia is not free of this curse as many look back on '90s era games and forget how rubbish they were. Fortunately, Capcom has the answer to our nostalgia fever. Bring back epic games and modernize them as was the case with the epic Resident Evil 2 remake last year. A classic game from 1998 brought to 2019 with all the modern bells and whistles one would need. Fast forward less than a year later and Capcom returns with another fan favorite in Resident Evil 3 and it looks to be an immediate contender for 2020 game of the year.

The original game, Resident Evil 3: Nemesis was released in September 1999, and has gone on to sell over 3.5 million copies as of September 30, 2019. Just like its predecessor, Resident Evil 2, the game is set in Raccoon City, a city overrun by a whole new kind of biological threat, but this game illustrates the outbreak and conclusion of the incident. It follows the protagonist Jill Valentine as she fights to escape her pursuer, the Nemesis T-Type, and offers a new kind of survival horror that plays off the fear of being constantly and relentlessly chased.

A series of strange disappearances have been occurring in the American Midwest within a place called Racoon City. A specialist squad of the police force known as S.T.A.R.S. has been investigating the case and have determined that the pharmaceutical company Umbrella and their biological weapon, the T-Virus, are behind the incidents — though they've lost several members in the process. Jill Valentine and the other surviving S.T.A.R.S. members try to make this truth known but find that the police department itself is under Umbrella's sway and their reports are rejected out of hand. However, soon reports of a grisly "cannibal virus" begin to surface, and vicious dogs begin roaming the streets. With the viral plague spreading through the town and to her very doorstep, Jill is determined to survive. However, unbeknownst to Jill, an extremely powerful pursuer has already been dispatched to eliminate her.

The Resident Evil 3 remake reimagines this city as it falls into chaos beneath the undead horde, with a level of detail and fidelity that can only now be realized with current technology. The character models look amazing and the terrifying Nemesis, that's hunts you down throughout the game, is as terrifying as ever. If you were a fan of the 1999 original, then you will instantly fall in love with this remake. For newbies to the series, this is an amazing game to jump into and re-establishes Resident Evil as the premiere survival horror game.

WHERE WILD HORSES ROAM

The Story of Ma Hauteng

For many in the western world, the term Tencent might be a foreign term when it comes to companies, yet Tencent is the largest video game company, one of the world's most valuable technology companies, one of the world's largest social media companies and one the world's largest venture capital firms. And it's all thanks to a man affectionately known by his peers as Pony Ma, a Chinese internet entrepreneur and one of the most influential people in the world. But where did it all start and how did Tencent become one of the biggest companies in the world?

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FROM JANITOR TO JUGGERNAUT

Ma Huateng was born in Badagang, Guangdong (now Dongfang City), China, on October 29, 1971, into a humble household. His father, Ma Chenshu, moved to Shenzhen to work as a port manager when Huateng was quite young. Ma completed his remaining schooling from there and found a keen interest in computer technologies. Ma enrolled at Shenzhen University in 1989 where he studied computer science and graduated with a BS degree in 1993. Following his college graduation, Ma started working at a telecommunications company named 'China Motion Telecom Development as a pager software developer. Although seen as a respectable job, the less than $200 a month he was earning was enough for Ma to resign and look for his fortune elsewhere. He found work again in an R&D department of another internet and telecommunications company for a while, but the nagging feeling that he needed to start his own company kept him up at night.

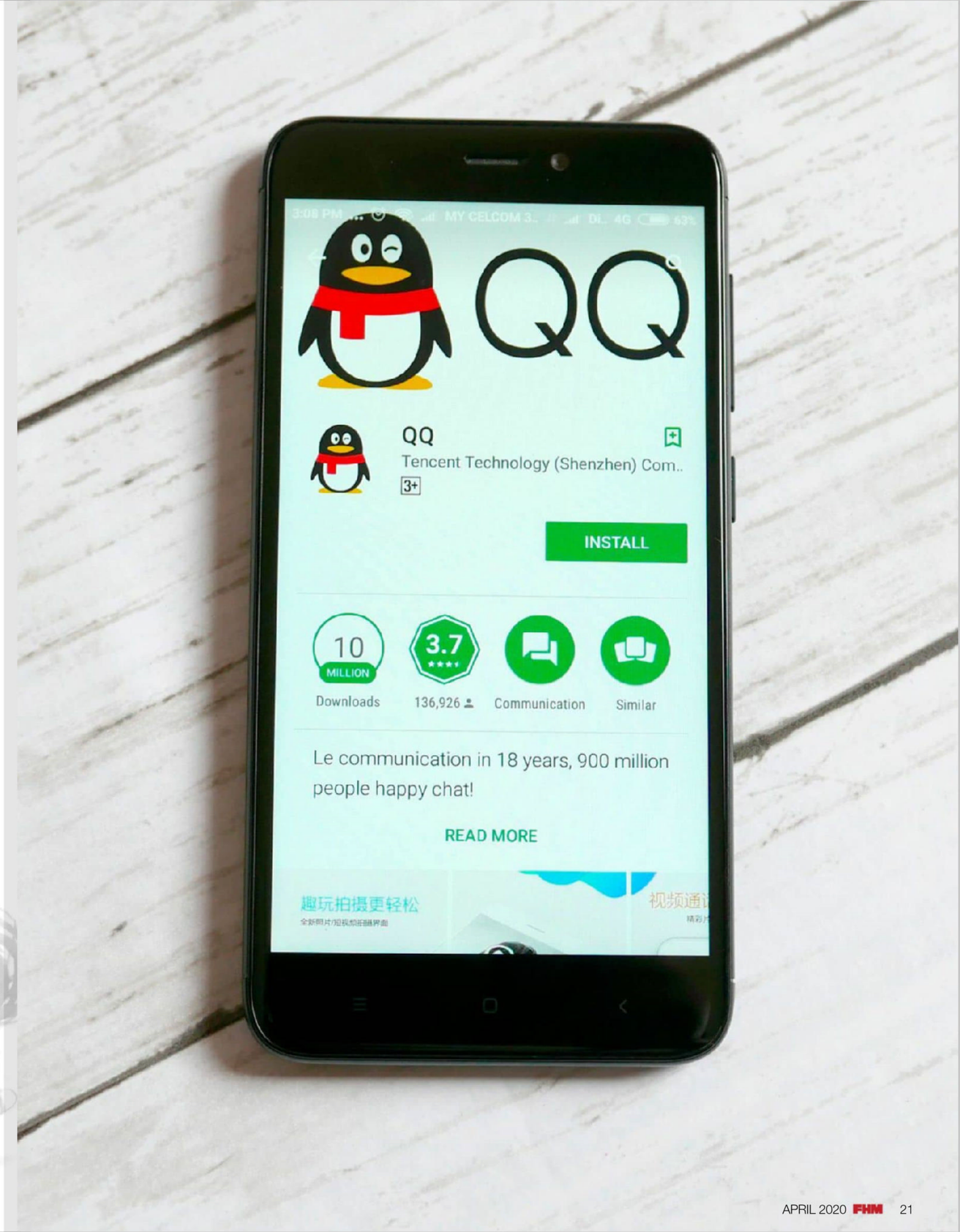
After years of toying with the idea of his very own company, Ma and four former classmates co-founded Tencent in 1998 after making some money playing the stock markets. In the beginning, Ma took up various roles, ranging from janitor to website designer in a bid to keep the company alive. Like many in China's tech industry, Ma was inspired by innovations coming out of Europe and the United States and sought to adapt them to the Chinese market. The company's first product came after Ma participated in a presentation for ICQ, the world's first internet instant messaging service, founded in 1996 by an Israeli company. Inspired by the idea, Ma and his team launched in February 1999 a similar software, with a Chinese interface and a slightly different name – OICQ.

The product quickly became popular and garnered more than a million registered users by the end of 1999, making it one of the largest such services in China. Talking about the founding of Tencent, he told China Daily in a 2009 interview that *"If I have seen further, it is by standing on the shoulders of giants."* paraphrasing a quote attributed to Isaac Newton and referencing the similarities between ICQ and OICQ. "We knew our product had a future, but at that time we just couldn't afford it," Ma remembered. In order to solve the problem, Ma asked for bank loans and even talked about selling the company.

After AOL (America Online) bought ICQ in 1998, the company filed a lawsuit against Tencent with the National Arbitration Forum in the United States, claiming that QICQ's domain names QICQ.com and QICQ.net were in violation of ICQ's intellectual property rights. Tencent lost and had to shut down the websites. In December 2000, in order to stave off other costly lawsuits, Ma changed the name of the software to QQ (with "Q" and "QQ" used to stand for the word "cute")

Since Tencent's prized service QICQ was offered free of charge, the company looked to venture capitalists to finance its growing operational costs. In 2000, Ma turned to US investment firm IDC and Hong Kong's telecom carrier Pacific Century CyberWorks (PCCW) who bought 40% of Tencent's shares for $2.2 million. With the pager market declining, Ma improved the messaging platform by allowing QQ users to send messages to mobile handsets. Afterward, 80% of the company's revenue came from deals struck with telecom operators who agreed to share message fees.

After the AOL lawsuit, Ma Huateng decided to expand the business portfolio of Tencent. In 2003, Tencent released its own portal (QQ.com) and made forays into the online games market. By 2004, Tencent became the largest Chinese instant messaging service (holding 74% of the market), prompting Ma to list the company on the Hong Kong Stock Exchange. After the company raised $200 million in June's IPO, Ma quickly became one of the richest people in China's telecom industry. In 2004, Tencent launched an online gaming platform and started selling virtual goods to support the games published on that platform (weapons, gaming power), as well as emoticons and ringtones.



THE WORLD CONQUEROR

At Ma's behest, Tencent launched in 2005 the C2C platform Paipai.com, a direct competitor to e-commerce giant Alibaba. Mimicking Bill Gates' Microsoft, Ma Huateng created two competing teams of engineers in 2010 and charged them with creating a new product. After two months, one team presented an app for text messaging and group chat – Weixin – which launched in January 2011. In 2015, Weixin ***(or WeChat in English)***, is the largest instant messaging platform in the world, used by 48% of all Internet users.

Other diverse services provided by Tencent include web portals, e-commerce, and multiplayer online games. Online games such as Legend of Yulong and Legend of Xuanyuan boosted revenue by more than half, up to US$ 5.1 billion, with a US$ 1.5 billion profit margin. In December 2015, Ma Huateng announced that Tencent will build an "internet hospital" set up in Wuzhen that will provide long-distance diagnoses and medicine delivery.

Because of Tencent's dominance of the social network and instant messaging markets in China, Ma Huateng's relationship with the Chinese Communist Party has repeatedly come under scrutiny. Speaking of censorship at a tech conference in Singapore, Ma was quoted as saying "Lots of people think they can speak out and that they can be irresponsible. I think that's wrong... We are a great supporter of the government in terms of the information security. We try to have a better management and control of the internet".

Time has honored Ma Huateng several times. He was featured on their list of the most influential people in the world in 2007, 2014, and 2018. In 2015, 'Forbes' featured him on their list of the most powerful people in the world. 'Fortune' has included him on their list of the top businessmen of the world in 2017. In 2018, 'CEOWORLD Magazine' honored him with a place on their list of the 'Most Powerful People in the World.' He has often been compared with Warren Buffett, one of the most successful investors in the world. With a net worth of about $51.1 billion, as of March 2018, Ma is the richest man in China and the 14th-richest man in the world. In November 2017, he became the first Chinese businessman to be featured on the Forbes list of the top 10 richest men in the world.

Heidi Esperanza

Photographer Jason McNeil Photography
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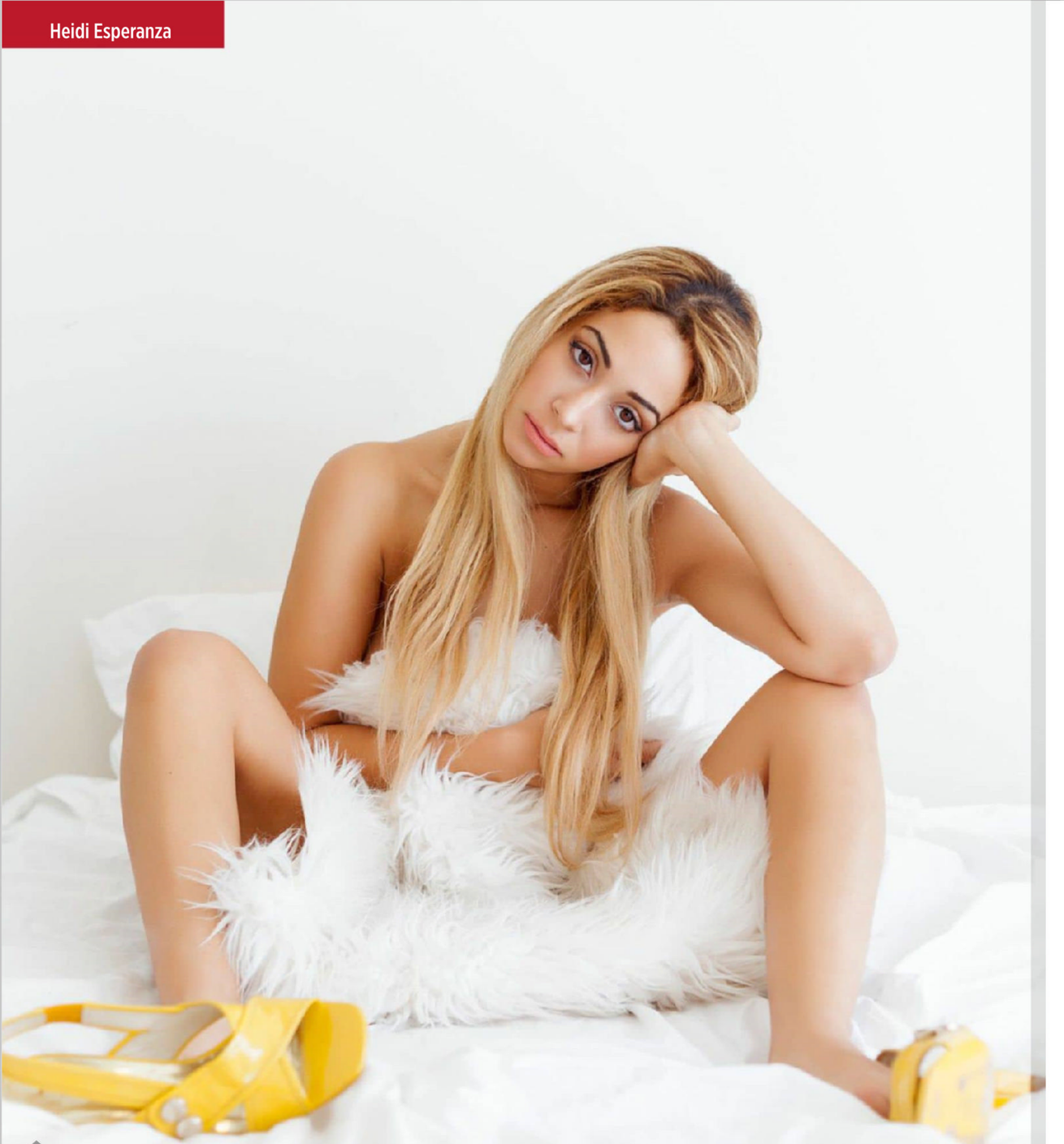
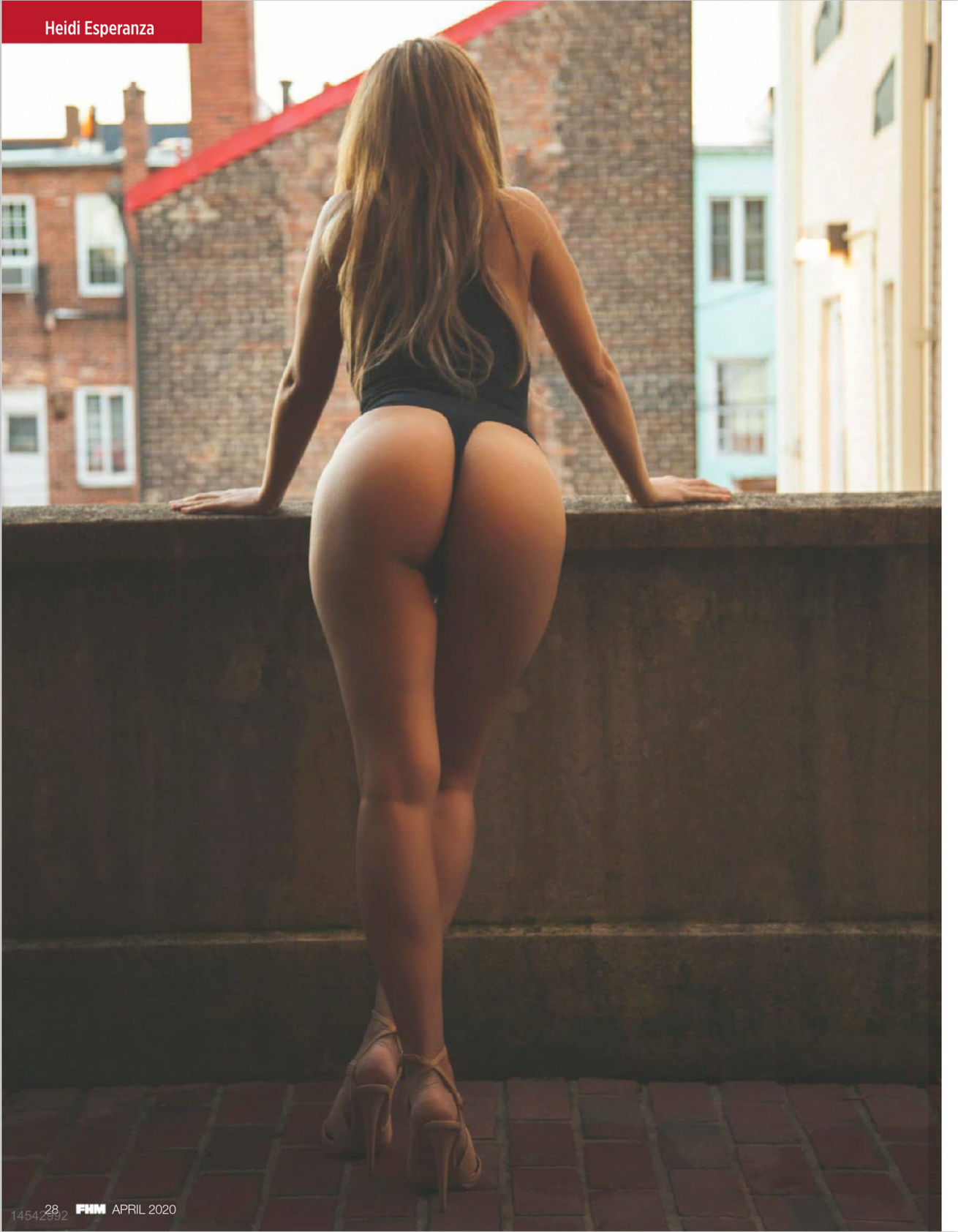


Worldmags.net



TELL US A BIT ABOUT YOURSELF?
I'm a bit of a nerd to be honest and love taking things apart, TVs, iPhones, men, whatever I can get my hands on.

WHAT WAS YOUR INITIAL REACTION WHEN YOU WERE CHOSEN TO SHOOT FOR FHM?
I was so excited! FHM has an iconic reputation and it's always been on my bucket list.

HOW DO YOU PREPARE FOR A SHOOT?
Sleep sleep sleep! You can't get enough sleep before a shoot. They can be intensive and require a lot of focus so it's important to get that shut-eye.

DESCRIBE YOUR PERFECT MAN:
He's cute, assertive and kind. He has to be able to not take himself too seriously though as all work and no play is not my thing.

WHAT IS YOUR IDEAL DATE?
On a date, I want to feel like a princess and be swept off my feet. Doesn't every woman?

WHAT DO YOU DO FOR FUN?
Shopping, more shopping and when I'm not shopping I'm making spreadsheets of things to acquire when shopping. Also playing with my puppy.

TELL US A BIT ABOUT YOUR MOST EMBARRASSING MOMENT?
I can get a little clumsy when I'm nervous. One time I went on a date and instead of taking a sip of my cocktail I ended up spilling it over us both. Thankfully we both laughed and still laugh about it to this day.

WHAT WOULD YOU SAY IS THE MOST DIFFICULT PART ABOUT BEING A MODEL?
Modeling is a very competitive industry, so you must find out quickly what type of modeling you're suited for and good at then stick to it. Fashion, catwalk, glamour, etc. It can be difficult for people who focus on the wrong area and that's just going to be an uphill struggle.

LASTLY, WHAT IS YOUR LIFE MOTTO OR A QUOTE THAT MEANS A LOT TO YOU?
Always start the day positively. Don't dwell in the past when it's what we do in the present that shapes the future.

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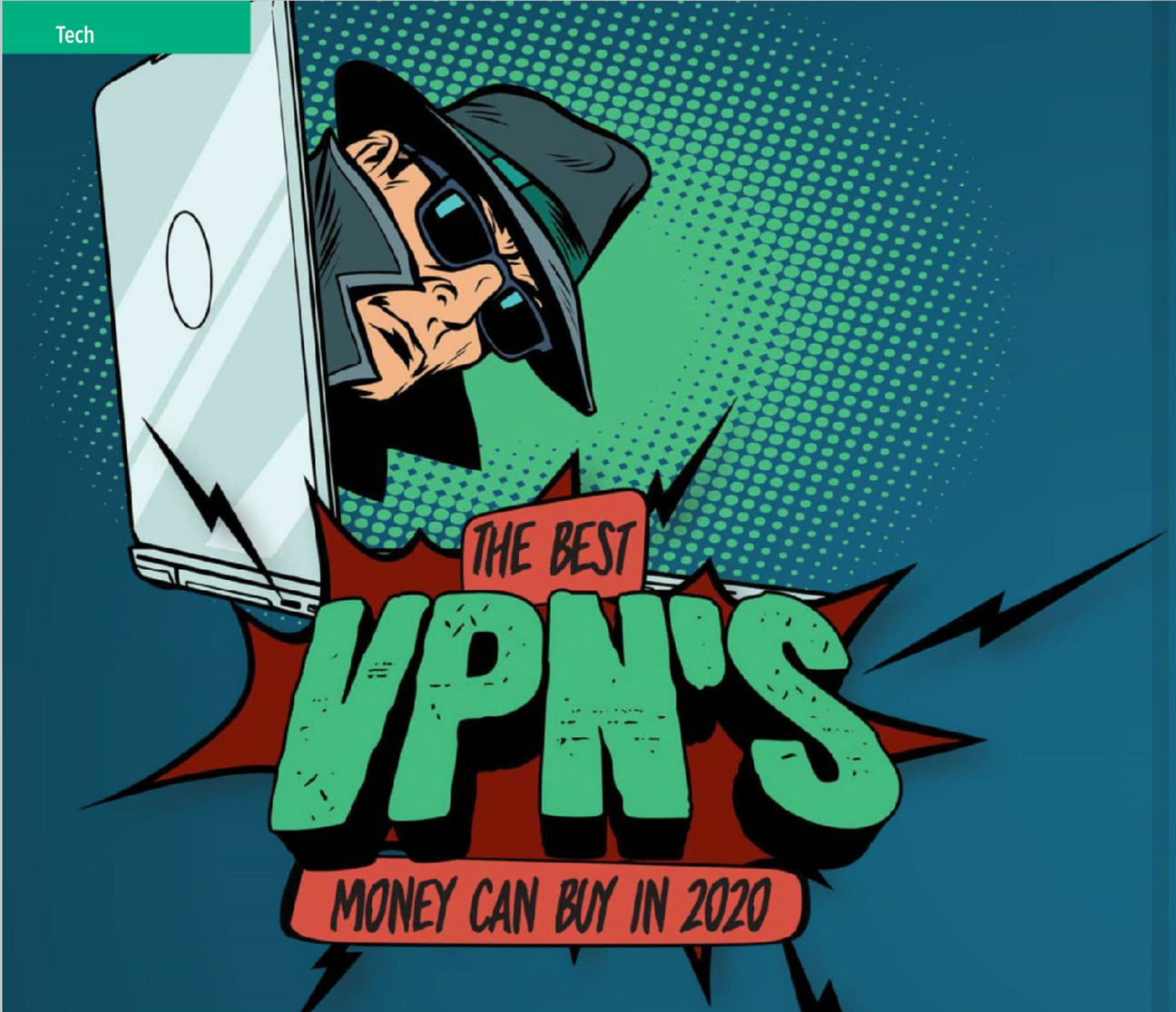


If there's one worry when it comes to using technology and the internet in 2020, it's privacy. By using a VPN, you can, in theory, prevent your internet service provider and government from seeing your internet history. And with everyone stuck at home, your internet usage will be a lot higher than it would've been before the self-isolation. VPN's are a dime a dozen, so here is a list of the best ones you can get today.

SurfShark

SurfShark is one of the new players on the market and arguably the best right now and when it comes to keeping you and your online identity secure, it's all business. It's one aunlimited device coverage and a majority of its connections are fast and stable. Price-wise it's also a winner as well as the 30-day money-back guarantee, giving you plenty of time to give it a try before committing for a longer period. And even then, annual plans are very reasonably priced indeed. It has over 1,000 servers to choose from as well as more than 60 locations.

ExpressVPN

This well-known VPN service offers access to more than 3,000 servers in 160 locations across 94 countries, alongside maybe the widest platform support you'll find anywhere. We're not just talking about native clients for Windows, Mac, Linux, plus iOS, Android and even BlackBerry. There's custom firmware for some routers, DNS content-unblocking for a host of streaming media devices and smart TVs, and surprisingly capable VPN browser extensions for anything which can run them. The only downside is that it only supports up to five devices, so if you're a family of tech heads, you might have to get multiple accounts.

NordVPN

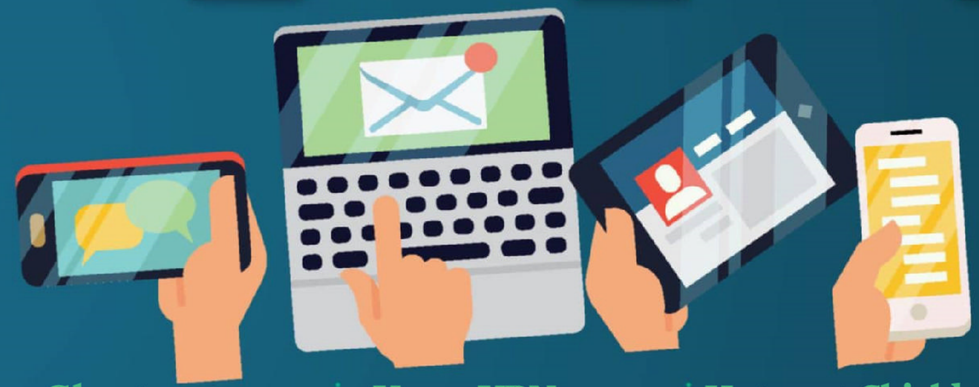
Once seen as the best in the business, a recent data breach has put a slight doubt over this VPN, yet in their defense they quickly plugged that hole. You get a choice of over 5,500 servers in 60+ countries, 2048-bit encryption, strong DNS leak protection, kill switches, proxy extensions for Chrome and Firefox browsers, and with payment options that include Bitcoin, PayPal and credit cards. There's also a fast, smart DNS-like SmartPlay feature which can be used to get around geo-restrictions and unblock a large number of streaming and other services. Sadly it's another service that only offers up to a maximum of six devices.

TunnelBear

If all this talk off encryption and DNS protections has you running scared then TunnelBear is without a doubt the easiest VPN service to use. The focus on simplicity means there's not too much here for demanding users. TunnelBear only offers 20 locations, for instance. There are very few low-level tweaks or settings, not even the ability to change protocol. But if you're happy with the basics, there's plenty to like here. TunnelBear has apps for Windows, Mac, iOS and Android, for example, as well as extensions for Chrome, Firefox and Opera. TunnelBear scores plus points for privacy, too, with the company hiring independent specialists to run a public security audit on its servers, systems and code.

IPVanish

Another VPN service that has some impressive stats: 40,000+ shared IPs, 1,300+ VPN servers in 70+ countries, unlimited P2P traffic, ten simultaneous connections and 24/7 customer support. On the subject of support, we really like that you can access it directly from your Android or iOS app on mobile. The apps are a powerful highlight. Not only are there loads of them (Windows, Mac, Android, iOS, even Fire TV), but they're absolutely stuffed with unusual features, options and settings, trampling all over the basic apps you'll usually get elsewhere. This is definitely aimed at the power user who loves to tweak every single setting.



CyberGhost

The Romanian and German-based CyberGhost is a popular VPN provider whose mix of power and ease of use has won over more than ten million users. The company covers the basics well, with more than 5,000 servers spread across 90-odd countries, apps for Windows, Mac, iOS and Android, torrents allowed and speedy live chat support. There are plenty of extras, too. The service can block ads, trackers and malicious websites. Automated HTTPS redirection ensures you're always making the most secure connection. Optional data compression can save money on mobile devices. Overall, though, CyberGhost offers you a lot of unusual functionality for a very fair price, and it's well worth a closer look. Plus, its 45-day money-back guarantee is longer than most of the competition.

VyperVPN

This VPN is perfect if you're on Apple platforms with very fast performances and powerful clients. With over 700 servers and over 70 plus locations, VyperVPN boasts more than 200,000 IP addresses and generally has very good download speeds. Unfortunately, the one big downside is the poor client services and if you're one that likes to get help from the professionals then VyperVPN will let you down sadly. It does work on Windows platforms but has shown quite a few problems and is therefore highly recommend for the Apple fans out there.

Hotspot Shield

Unlike other services mentioned above, HotSpot Shield offers a free VPN service, on top of its premium offering. This is a great opportunity to test out the service and see if a VPN is the way to go for you. Of course, paying for the service gives you so much more than the standard free version. For just a few dollars a month you'll get unlimited bandwidth, full access to 3,200+ servers in more than 70 countries, support for connecting up to five devices, 24/ 7 support, and of course absolutely no ads at all. If you're just looking for raw speed at a very low price then Hotspot Shield is well worth a look, and the 7-day trial makes it easy to test the service for yourself.

WITH A BRAIN

Does Lamborghini's newfangled electronic system help you tame The Bull? We drove the latest Huracan Evo to find out!

THE BULL

// LAMBORGHINI HURACAN EVO //

SANT' AGATA HAS BEEN BUSY

Before the inevitable hybrid revolution, Lamborghini is undergoing an evolution, chiefly with the evergreen Huracan model which has over the years been sold in varying levels of modernization, grip and downforce to continue hooking customers over the last six years. This latest, perhaps greatest, is the Huracan Evo.

HOW IS IT DIFFERENT TO THE PERFORMANTE?

By deleting the rear wing and the ingenious ALA asymmetric downforce it produced, the Huracan EVO can be compared to Porsche's own GT3 Touring model. Lambo's understudy to the Performante is otherwise fully intact with the same engine and the same power but without all the garish garnish. Subtle? Not even in matte silver could we criticize the Evo for being anything but jaw-dropping but now it looks like it belongs on the roads around a county rather than on the Nurburgring, which is where they all end up gathering anyway in a game of Top Trumps.

NOTHING BORING ABOUT THE ENGINE

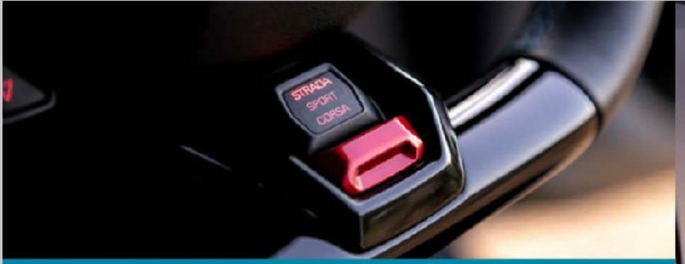
Power alone does not make an engine an immediate benchmark. If that were the case this would be behind McLaren's and Ferrari's own V8. What it does do rather cunningly is escape the tightening noose of downsizing and turbocharging to remain the beguiling antithesis that will no doubt cement its place among the holy grail of mid-mounted engines.

This V10 is the scintillating culmination of German engineering and Italian theatrics, able to entertain on the spot. Audi offers the same engine in the R8 but in the Huracan Evo the extra layer of drama is evident in the loud exhaust crackles and pops which are accompanied by the driver's own yelps and giggles mixed with uncontained swearing.

I don't think I've ever felt as enthralled by an engine as I am with this; as if a little piece of its soul is surgically fused to the stem of my brain.

The V10's cerebral soundtrack throwing everything it has at the 8,500rpm limiter is usually an experience kept aside for the world's top racing drivers but here I am, an ordinary driver, testing the braveness of my right foot and soon discovering that the all-wheel-drive system is largely imperious. It's a cinematic alchemy of power that transforms and sweetens the harder you drive it; You give and it returns the favors and if you're lazy for whatever reason there's another uncompromising side that will force you to shift down a couple of gears that wouldn't be necessary in a turbocharged supercar. In the Evo, every meter of speed requires a perfect symphony of throttle, brakes and gearbox.

"This V10 is the scintillating culmination of German engineering and Italian theatrics"



"Sport mode will have you sweating adrenaline on the right piece of road."

THIS EVO HAS A LARGE ELECTRONIC BRAIN

Supercars equipped with a plethora of sensors form a responsibility towards driver safety as well as for extracting profound cornering speeds on sub-optimal road surfaces. The Evo debuts a system called LDVI. Information from the all-wheel-drive system pours in, LDVI then analyses the data, adds feedback from the driver's input and within 0.2 milliseconds sends out the answer via the car's torque vectoring and traction control system.

The driver can modify where these parameters are set – all the way down to being a spikey two-wheel-drive drift mode we wouldn't suggest disclosing to your insurance company.

Truth is, even Sport mode will have you sweating adrenaline on the right piece of road. It's only because my co-driver was glancing at the torque vectoring screen that afterward, he alerted me to how much often my heroic actions were being enhanced and molded into a few extra kilometers per hour. These systems could never nip and tuck so silently unless they were supported by a chassis so astoundingly good at enveloping the driver at the center of every decision.

THE DOORS DON'T OPEN UPWARDS

That's strictly the Aventador's party piece. Ingress to the Huracan is simple in supercar parlance and you'll be pleased to know it's not going to bruise and rattle you to death or make any parking maneuver a butt-clenching bit of guesswork. Comfortable seats luxuriate the best of a small cockpit with a new digital screen that effectively uses the space between them.

The screen runs a Lamborghini veneer but no doubt has elements of uniform VAG software underneath. Elsewhere Lamborghini adds its own identity in the start button as well as referring to modes like Normal Sport and Sport Plus as Strada, Sport and Corsa. The indicators and windscreen wipers buttons sit on the face of the steering wheel (to allow for very long gearshift paddles) while a row toggle switches operate the ESC and windows.

From this point on Lamborghini will not be allowed to foist their famously cheap interiors or unintuitive switchgear upon its exclusive clients because as it turns out, they have what it takes to be up there, competing with McLaren in terms of quality and user experience.

VERDICT

On paper, the Huracan is one of the oldest supercars of the bunch. It should be slow, frightening to drive on a narrow road and balk at the mention of Android Auto. These changes on the Evo should in no way deliver such a vast upgrade, yet they have shaven years off the Huracan nameplate. Take your time Lamborghini, no need to rush the successor especially if it's going to affect its spine-chilling source of power. *John Paige*

TOP 10 COUNTDOWN!

A DECADE'S WORTH OF EARNINGS FROM SOME OF THE WORLD'S HIGHEST-PAID ATHLETES...

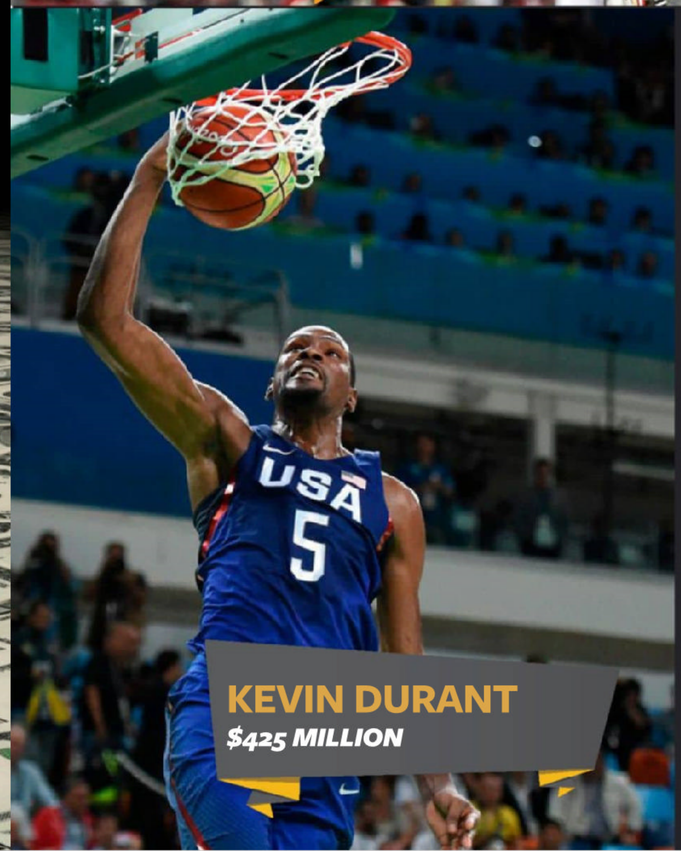
How much can the average guy make in a year? $30, $60, $120k? Hey, I'm sure many people would gladly settle for a sweet 120k annual salary that'll bring in a smooth $1,2mil over a ten-year period. Any more than that would be a bonus, plus, we all know making more money is always a good thing, right? Well, what about those people who are way beyond average? Those who are exceptional. The top of the top, those athletes that just seem to keep coining it year after year. What are their bank accounts looking like after a decade's worth of earning? We decided to check out the numbers and thanks to the experts over at Forbes.com we were able to bring you a top 10 Countdown of the highest-paid athletes over the last decade.

LEWIS HAMILTON

$400 MILLION

British-born Hamilton is by far one of the most popular F1 racing drivers on the planet with his name and face being recognized by millions of people - even those who don't follow the sport. Avid fans of F1 consider the McLaren Mercedes driver to be a racing legend, if not the greatest driver of all time! Hamilton is a six-time F1 World Champion and commands one of the biggest paychecks in the sport - actually, Hamilton has become the highest-paid driver in the history of Formula One according to research. Talk about exceptional. Who wouldn't love to earn this type of money doing something as awesome as racing F1 cars!?

 # HAMILTON HAS THE SECOND MOST WINS OF ALL TIME IN GRAND PRIX - BEHIND THE GREAT MICHAEL SCHUMACHER. AND HE STILL HAS A LONG CAREER AHEAD OF HIM SO WHO KNOWS WHAT THE FINAL TALLY WILL BE.



KEVIN DURANT

$425 MILLION

Yet another exceptional athlete, Kevin Durant is at the peak of his game. On the court, he is one of the most skillful players and this has earned him a well deserved (and extremely large) paycheck with an estimated annual salary northwards of $26 million. Durant's annual earnings from his salary and endorsements jumped 400% during the course of the decade and that's what happens when you're damn good at what you do. Salute!

 # KEVIN HAS WON THE NBA'S H-O-R-S-E COMPETITION TWICE.

 # HE IS BEST FRIENDS WITH FELLOW NBA PLAYER MICHAEL BEASLEY WHO HE GREW UP WITH.

 # HE WEARS THE NUMBER 35 TO HONOR CHARLES CRAIG, ONE OF HIS AAU COACHES, WHO DIED AT AGE 35.

 # HE HAS LONG ARMS AND A WINGSPAN OF 7 AND 1/2 FEET!

MANNY PACQUIAO

$435 MILLION

Now here's a name we didn't quite expect to see on this list. For those that follow boxing Manny Pacquiao is a star in his own right, but for the rest of the population who don't follow the sport Pacquiao became increasingly popular due to his match with Floyd Mayweather. Remember? All the hype, all the drama, all the cash Mayweather made! Don't get it wrong though, Pacquiao knows what he is doing. Pacquiao's 25 pay-per-view fights have generated 20 million buys and an estimated $1.3 billion in revenue. Talk about serious earning power!

 # PACQUIAO IS THE FIRST BOXER TO WIN MAJOR WORLD TITLES IN FOUR OF THE WEIGHT CLASSES KNOWN AS GLAMOUR DIVISION FLYWEIGHT, FEATHERWEIGHT, LIGHTWEIGHT AND WELTERWEIGHT.

 # PACQUIAO IS ALSO A POLITICIAN WHO IS CURRENTLY SERVING AS A SENATOR OF THE PHILIPPINES SINCE 2016.

 # PACQUIAO HAS ACHIEVED TEN WORLD TITLES AND IS THE FIRST AND ONLY EIGHT-DIVISION WORLD CHAMPION.

 # A MILITARY MAN, PACQUIAO IS SERVING HIS DUTY AS A MILITARY RESERVIST IN THE RESERVE FORCE OF THE PHILIPPINE ARMY WITH THE RANK OF LIEUTENANT COLONEL.

 # 'MANNY' TALENTS, THAT'S RIGHT, PACQUIAO IS AN ACTOR TOO HAVING FEATURED IN A SUPERHERO-COMEDY FILM CALLED "WAPAKMAN".

PHIL MICKELSON

$480 MILLION

Mickelson, also known as Lefty, is a professional golfer popularly remembered for recently nabbing the biggest paycheck of his career in 2018 when he defeated his longtime rival Tiger Woods in an exhibition for a $9 million purse. That's right, nine million dollars. Weird how we average golfers always end up spending money on golf instead of earning money from it. Aside from that sweet win, Mickelson has won 44 events on the PGA Tour, including five major championships: three Masters titles, a PGA Championship, and an Open Championship. Mickelson is one of 12 players in the history of golf to win three of the four majors so he's definitely one of the most skilled and talented golfers in the world!

 # MICKELSON IS SECOND ON THE PGA TOUR'S ALL-TIME MONEY LIST ON $89 MILLION. TIGER SITS FIRST.

 # PHIL IS ONE OF ONLY FIVE PLAYERS TO WIN THE US AMATEUR AND NCAA CHAMPIONSHIP TITLE IN THE SAME SEASON.

 # THE MAN KNOWN AS 'LEFTY' IS ACTUALLY RIGHT-HANDED, AND THE ONLY THING HE DOES LEFT-HANDED IS PLAY GOLF.

 # MICKELSON IS AN AVID PILOT FOLLOWING IN THE FOOTSTEPS OF HIS FATHER WHO WAS A NAVY PILOT.

 # PHIL WAS INDUCTED INTO THE WORLD GOLF HALL OF FAME IN 2012.

 # MICKELSON HAS HAD 15 TOP-10 FINISHES AT THE MASTERS FROM 26 ATTEMPTS.

 # PHIL HAS WON FIVE MAJOR CHAMPIONSHIPS, THREE MASTERS, ONE OPEN AND ONE USPGA CHAMPIONSHIP.

TIGER WOODS

$615 MILLION

Depending on how old you are your memories of Tiger Woods could range from scandal to huge victories and PGA success. Tiger Woods is not only one of the best golfers of all time and top of his game but he is also one of the best known and easily recognized athletes in the world. Although Woods averaged only 10 PGA Tour events per year during the 2010s his endorsement earnings for the decade were some of the highest-earning among top athletes earning him a cool sixth place on our countdown.

 # RED TIGER. TIGER WAS FAMOUS FOR WEARING RED ON THE FINAL DAY OF TOURNAMENTS. THE SAYING IS THAT HIS MOM ALWAYS BELIEVED RED TO BE TIGER'S POWER COLOR, AND IT SEEMS THERE MAY BE SOME TRUTH TO IT.

 # OVER THE COURSE OF HIS CAREER, TIGER HAS WON OVER 80 PGA TOUR EVENTS, INCLUDING 15 MAJORS.

 # WOODS IS ALSO A SUCCESSFUL AUTHOR HAVING WRITTEN SEVERAL BOOKS WITH HIS 2001 BOOK HOW I PLAY GOLF SELLING OVER 1.5 MILLION COPIES.

 # WHEN TIGER TURNED PRO IN 1996, HE AND HIS FATHER STARTED THE TIGER WOODS FOUNDATION, WHICH NOW HELPS TO EDUCATE KIDS ALL OVER THE WORLD.

 # IN STANFORD TIGER GOT THE NICKNAME "URKEL" BECAUSE HE WORE GLASSES AT THE TIME AND LOOKED LIKE STEVE URKEL FROM THE '90S SITCOM, FAMILY MATTERS.

ROGER FEDERER

$640 MILLION

From swinging a golf club to swinging a tennis racket, it seems being good at swinging things and hitting balls with a high level of accuracy can pay very, no, extremely well. Federer, 38, is a Swiss professional tennis player who is ranked world No. 4 in men's singles tennis by the Association of Tennis Professionals. Although he is on the back end of his tennis career his earnings will stay high on the back of a 10-year, $300 million deal with Uniqlo inked in 2018. I think it's time we hit the local sports store and start practicing our swing. These types of earnings are getting us all optimistic about life!

 # FEDERER STARTED PLAYING TENNIS AT THE AGE OF SIX. AS OF TODAY, HE HAS WON 102 SINGLES TITLES, SECOND-MOST IN THE OPEN ERA, AFTER JIMMY CONNORS WHO HAS WON 109 DURING HIS CAREER.

 # HE HOLDS DUAL CITIZENSHIP. ALONG WITH BEING A SWISS NATIONAL, HE IS ALSO A CITIZEN OF SOUTH AFRICA, AS HIS MOTHER HAILS FROM THE COUNTRY.

 # BY AGE 11, HE WAS AMONG SWITZERLAND'S TOP JUNIOR PLAYERS.

 # BEFORE WINNING HIS WIMBLEDON SINGLES TITLE IN 2003, FEDERER WON THE BOYS' TITLE THERE IN 1998.

 # FEDERER TURNED PROFESSIONAL IN 1998 AND WON HIS FIRST GRAND SLAM TITLE AT WIMBLEDON IN 2003.

 # FEDERER WON 24 CONSECUTIVE SINGLE PROFESSIONAL FINALS BETWEEN JULY 2003 AND NOVEMBER 2005.

LEBRON JAMES

$680 MILLION

In this modern-day who hasn't heard of LeBron James? Like really. The NBA player who works magic with the basketball has also earned quite the name for himself over the years. He is often regarded as the greatest basketball player of all time, which has resulted in frequent comparisons to Michael Jordan - but let's not go down that road. James has made more than twice as much from endorsements during his first 16 years in the NBA, compared to his $270 million in playing salary. Earning big money while playing a game as fun as basketball seems like a dream come true doesn't it?

 # WHEN LEBRON WAS DRAFTED IN 2003 FIRST OVERALL, THIS MADE HIM THE YOUNGEST FIRST OVERALL PICK IN NBA HISTORY AT AGE 18!

 # JAMES IS THE YOUNGEST NBA PLAYER EVER TO SCORE 2,000 POINTS IN THEIR CAREER, AS WELL AS BEING THE YOUNGEST NBA PLAYER TO RECORD A TRIPLE-DOUBLE.

 # LEBRON HAS NOT ONE BUT TWO OLYMPIC GOLD MEDALS. THE FIRST WAS WON IN 2008 WITH THE "REDEEM TEAM" THAT TOOK BACK THE GOLD MEDAL AT THE SUMMER OLYMPICS IN BEIJING AND IN 2012, THE U.S. TEAM DEFENDED ITS TITLE IN LONDON.

 # LEBRON HAS 10 TOP-FIVE FINISHES, TYING WITH NBA LEGEND MICHAEL JORDAN. LEBRON ACTUALLY ACCOMPLISHED THIS FEAT IN 13 YEARS COMPARED TO JORDAN'S 15 SEASONS.

LIONEL MESSI

$750 MILLION

Messi is a name we no doubt expected to see on this list. For many years Messi has amazed the world with his raw talent and footwork skills to the point where people who love the sport avidly feel they have to pick a side regarding who's the better player, Messi or Ronaldo? And yup, Ronaldo features here also - so the debate continues. It's no secret how much cash footballers (we mean soccer players) can make and over the last decade it's almost common sense that a legend such as Messi has undoubtedly amassed a fortune. Messi's 2019 playing salary for Barcelona is the highest of any athlete across all team sports and he currently enjoys the third spot on this countdown.

 # LIONEL HAS WON THE EUROPEAN GOLDEN SHOE AWARD IN FOUR SEASONS.

 # MESSI SET THE ALL-TIME RECORD FOR MOST GOALS SCORED IN A SINGLE SEASON FOR A MAJOR EUROPEAN FOOTBALL LEAGUE WITH 73 GOALS.

 # HE WON THE GOLDEN BALL AWARD FOR THE BEST PLAYER OF THE 2014 WORLD CUP.

 # MESSI IS THE FOUNDER OF THE LEO MESSI FOUNDATION WHICH AIMS TO IMPROVE HEALTHCARE AND EDUCATION FOR CHILDREN.

 # MESSI HOLDS TWO PASSPORTS - ARGENTINA'S AND SPAIN'S. HE BECAME A SPANISH CITIZEN IN SEPTEMBER 2005.

 # HE WON AN OLYMPIC GOLD MEDAL, ALONG WITH THE ARGENTINIAN FOOTBALL TEAM, AT THE 2008 OLYMPIC GAMES IN BEIJING.

CRISTIANO RONALDO

$800 MILLION

The man himself, the one the only, Cristiano Ronaldo. It's hard to deny the charm of this superbly talented soccer player whose face is recognized and whose skills are idolized the world over. It's said Ronaldo earns enough to purchase a new Ferrari every day! Ronaldo's endorsement partners benefit from his massive Instagram and Facebook followings, which both rank as the biggest of any person on the planet. The remarkable thing about Cristiano is his large personality. It's almost like he was born to be famous. With talent, looks, and skills like Ronaldo's it was practically inevitable for him to end up as the highest-earning football player in our modern times.

 # FOR THOSE THAT DIDN'T KNOW CRISTIANO'S FULL NAME IS CRISTIANO RONALDO DOS SANTOS AVEIRO.

 # RONALDO WAS NAMED AFTER RONALD REGAN, A FORMER U.S PRESIDENT WHO WAS GREATLY LOVED BY RONALDO'S FATHER.

 # CRISTIANO RONALDO HAS SCORED 294 LEAGUE GOALS IN 274 GAMES. HE IS THE SECOND TOP SCORER IN THE HISTORY OF THE COMPETITION.

 # RONALDO HAS SCORED 99 DOUBLES THROUGHOUT HIS CAREER. 73 WITH REAL MADRID, 25 WITH MANCHESTER UNITED AND ONE WITH SPORTING PORTUGAL.

 # HE IS THE TOP SCORER OF THE PORTUGAL NATIONAL TEAM, PLAYING 147 GAMES AND SCORING 79 GOALS.

 # THE TOP SCORER IN THE HISTORY OF REAL MADRID IS CRISTIANO RONALDO. 427 GOALS IN 421 MATCHES.

FLOYD MAYWEATHER JR.

$915 MILLION

Amongst all the athletes across the world today none other has captured the minds of ordinary people quite like Floyd Money Mayweather. From being the man who carries a briefcase with a million dollars in cash inside, to being the most hyped and talked about boxer in recent history, Mayweather certainly has all the flamboyant characteristics of a true global phenom. It's no wonder he makes an easy number one on this list. In fact, we're humbled to think that anything Mayweather touches turns to gold. He is more than a boxer, he is a boxing revolution showing that true power comes from one's skill and character. Mayweather pocketed more than $500 million combined for his 2015 and 2017 fights versus Manny Pacquiao and Conor McGregor. And that's just part of this megastars fabulous money-making career. Now here's a well-deserved number one. All hail the champ!

 # MICKELSON IS SECOND ON THE PGA TOUR'S ALL-TIME MONEY LIST ON $89 MILLION. TIGER SITS FIRST.

 # PHIL IS ONE OF ONLY FIVE PLAYERS TO WIN THE US AMATEUR AND NCAA CHAMPIONSHIP TITLE IN THE SAME SEASON.

 # THE MAN KNOWN AS 'LEFTY' IS ACTUALLY RIGHT-HANDED, AND THE ONLY THING HE DOES LEFT-HANDED IS PLAY GOLF.

 # MICKELSON IS AN AVID PILOT FOLLOWING IN THE FOOTSTEPS OF HIS FATHER WHO WAS A NAVY PILOT.

 # PHIL WAS INDUCTED INTO THE WORLD GOLF HALL OF FAME IN 2012.

 # MICKELSON HAS HAD 15 TOP-10 FINISHES AT THE MASTERS FROM 26 ATTEMPTS.

 # PHIL HAS WON FIVE MAJOR CHAMPIONSHIPS, THREE MASTERS, ONE OPEN AND ONE USPGA CHAMPIONSHIP.

LUX Ferrari

Experience the Luxury

This month's cover star is none other than the gorgeous Lux Ferrari, a woman after our own hearts. She's fun, awesome to chill with and sometimes the amount of lust she invokes in onlookers is almost unbearable. So during these rough self-isolation days why not sit back, relax, and get to know this truly amount beauty a little better!

Photography
Arthur St. John | @arthurstjohn

Hair & Maekip:
Taylor Jazz | @taylor_jazz

Location & Assistant::
Phillip Lamond | @philliplamond1

CONGRATULATIONS ON YOUR FHM USA COVER AND FEATURE LUX! THINK YOU COULD TELL US A BIT MORE ABOUT YOUR PHOTOSHOOT.?
Thank you FHM for hosting me on the April cover! It was the best experience of my career... the level of the professionalism and the team was extraordinary... and they have my respect for that.

WHEN IS THE LAST TIME YOU WERE IN GREECE?
The last time I was in Greece was 2 years ago.

WHAT'S YOUR FAVORITE GREEK FOOD?
My favorite greek food is fresh salmon fillet with vegetables and olive oil.

DO YOU HAVE ANY SECRETS YOU CAN TELL US?
Yes, I have but I will not tell you... it's my secrets!

WHAT DOES YOUR NAME LUX FERRARI MEAN?
Once some years ago a boyfriend of mine who was a race driver, after a night full of passion told me if I was a car, I would be a luxurious one... a luxury Ferrari! So this is where my name came from.

WHAT TURNS YOU ON THE MOST ABOUT A MAN, AND WHAT TURNS YOU OFF?
Turn-ons in a man are his eyes and his humor... and the only thing that turns me off is rudeness.

WHAT ARE SOME OF YOUR HOBBIES?
I am a huge fan of yoga and I love Crossfit but first on my list is... sex!

"I love Crossfit but first on my list is... sex!"

WHAT'S YOUR FAVORITE SNACK?
My favorite snack is an oatmeal bar and greek yogurt which keeps me full of energy, it's delicious and healthy.

FAVORITE COCKTAIL?
My favorite cocktail is Frozen Peach Bellini

ELECTIONS ARE THIS YEAR, IF YOU HAD TO VOTE NOW, WOULD IT BE TRUMP OR BIDEN?
I think I will vote Mr. Trump in the election because he cares for the country.

WHAT IS THE FIRST THING YOU PLAN TO DO WHEN THE QUARANTINE IS OVER?
The first thing I want to do when quarantine ends is to go for a relaxation trip in Hawai with my friends.

WOULD YOU LIKE TO SETTLE DOWN AND START A FAMILY SOMEDAY?
Yes, it is in my plans to start a family someday, but not too soon, I have different priorities...

IF YOU HAD THE POWER TO CHANGE ANY ONE THING IN THE WORLD, WHAT WOULD IT BE?
If I had the power to change something it will be the discrimination against women... it is a major problem in our times.

"I think I will vote Mr. Trump"

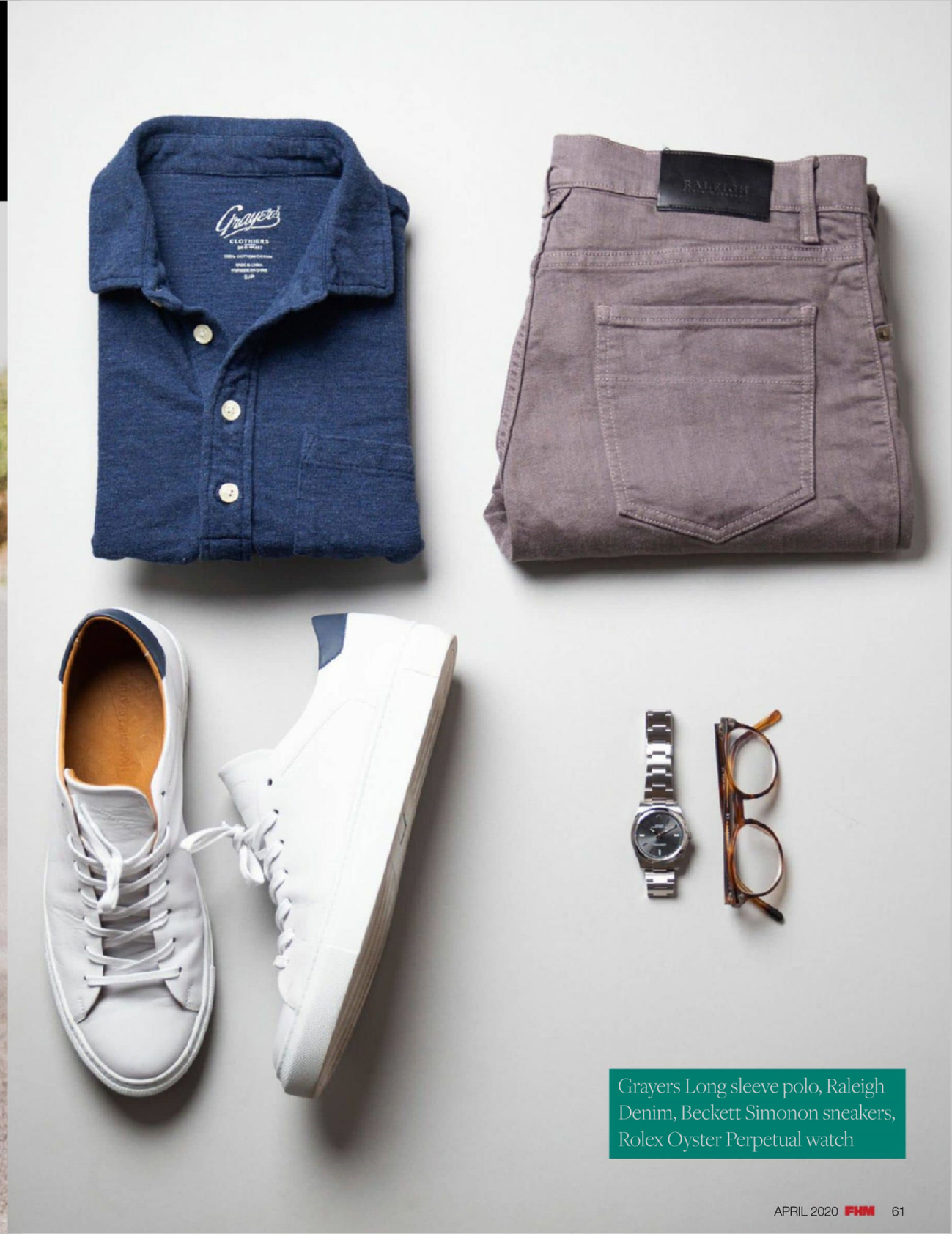
Want to see more of Lux then be sure to follow her on Instagram @missluxferrari for all latest news and content updates

14542992

Spring in Your Step

At long last, spring has arrived! The days are getting longer and the parties better. These outfits are designed to add or lose layers depending on the time of day. Go into the season with the utmost confidence by taking some inspiration from this month's style guide. By Noah Williams

J. Lindeberg Blazer, Bonobos linen pants, Gucci Loafers, Brooks Brothers Shirt



Grayers Long sleeve polo, Raleigh Denim, Beckett Simonon sneakers, Rolex Oyster Perpetual watch

Frank Muller Vanguard in rose gold, available at ECJ Luxe by Diamonds Direct.

Brunello Cuccinelli unstructured blazer, Brooks Brothers button-down, Club Monaco Trousers, Phillipe Model trainers, Rolex GMT-Master II

Rolex GMT-Master II

Panerai Luminor GMT, available at windsortime.com

Brooks Brother Chambrey shirt, Flint and Tinder pants available at Huckberry, Beckett Simonon Sneaker, Omega Seamaster 300M

Banana republic light Italian wool sweater, Ralph Lauren trousers, Brooks Brothers shirt, Gucci Loafers, Nomos Club Campus watch, Louis Vuitton Wallet

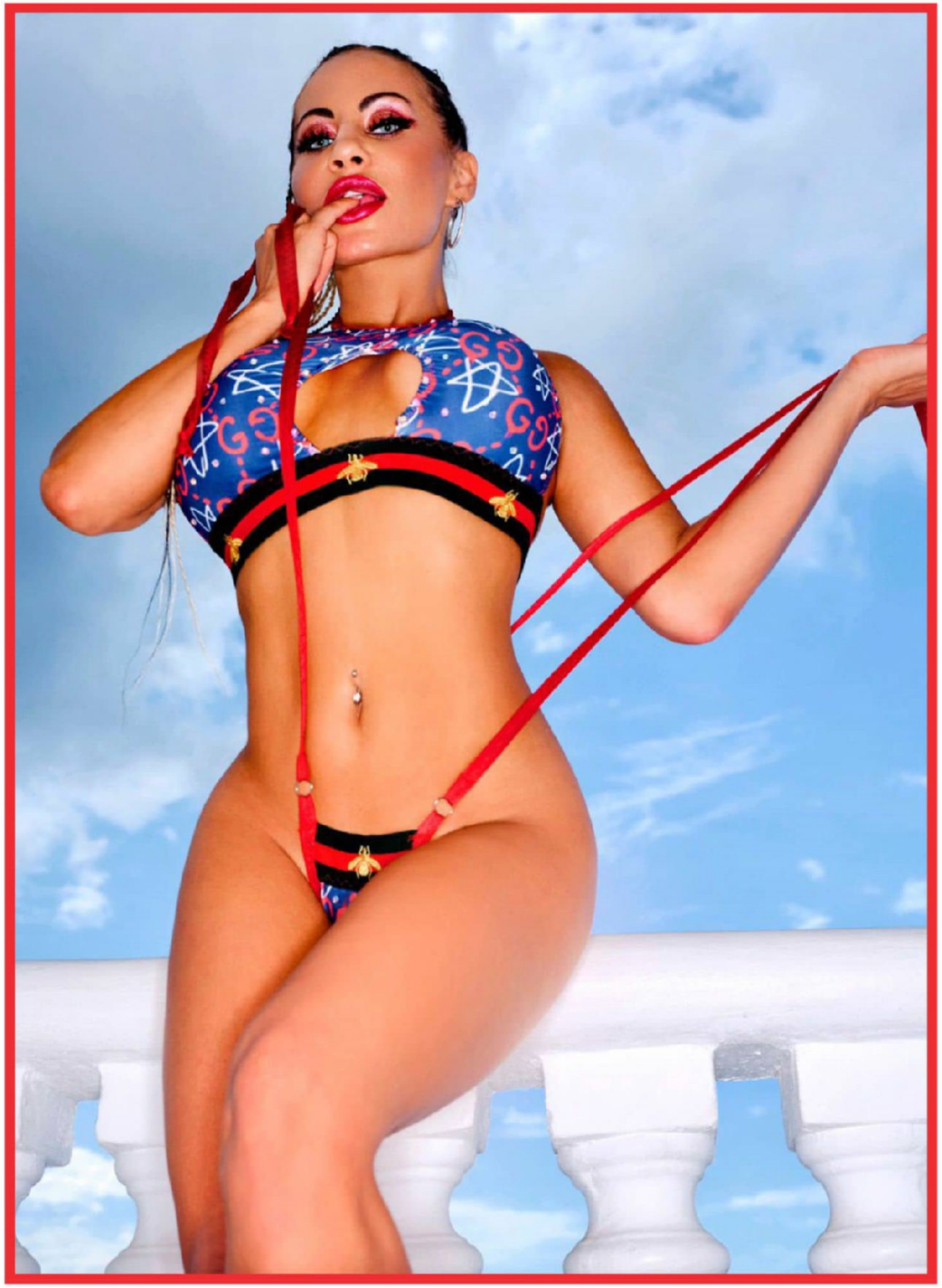
Nomos Club Campus Limited Edition, Louis Vuttion Wallet

Brunello Cuccinelli Cashmere Blazer, Enzo Custom shirt, Everlane Uniform Denim, Rolex Datejust Watch, Beckett Simonon Suede Loafer, Ralph Lauren Glasses

The Blue-eyed Beauty!

Elektra SKY

Elektra Sky | @elektra.sky
Photographer Barry J. Nadell | @weekendcowboyphotography
PR LSA Publications | @leo.alderman @lsapublications



TELL US SOMETHING INTERESTING ABOUT YOURSELF PEOPLE WOULD NOT ORDINARILY KNOW ABOUT YOU?

I'm a pole dance instructor and competitor. I breathe, eat and spin fire as a burlesque circus performing artist. I'm a licensed medical oncology massage therapist with over 10 years of experience and I'm extraordinarily passionate about helping people heal and find inner peace in their lives.

IF YOU WEREN'T A MODEL, WHAT WOULD YOU BE?

A veterinarian or acupuncturist.

WHO IS YOUR CELEB CRUSH?

Channing Tatum.

WHAT IS YOUR BIGGEST TURN ON?

A sexy, intelligent man that can make me laugh. Bonus points if he's a musician and can teach me some new dance moves!

DESCRIBE YOURSELF IN ONE SENTENCE...

I'm a wild, fearless, free spirit with a heart of gold who is insanely driven by my passion for life.

WERE YOU EXCITED TO SHOOT THIS FEATURE?

Extremely! This has been a lifelong dream of mine to be in FHM USA and also appearing on the cover of FHM Australia!

DESCRIBE YOUR PERFECT MAN...

He's supportive, loyal, sexy, funny, fit and passionate. He's got to have rhythm in the bedroom and on the dance floor. And of course, love my Siberian husky! And without a doubt, she must love him too.

WHAT ARE YOU LOOKING MOST FORWARD TO DOING THIS YEAR?

I won the best cover for Playboy Croatia in 2019 so I will be flying there to shoot for their magazine in 2020. I'm also looking forward to being in Playboy South Africa, and heading to Tokyo to be on a reality TV show, launching my own website and traveling around the world shooting amazing content in exotic locations to share with my fans.

DO YOU HAVE ANYONE SPECIAL IN YOUR LIFE?

I'm currently single and loving it! I'm incredibly independent and haven't found a guy yet that can handle me or keep up with me. I'm not opposed to being swept off my feet though - who's up for the challenge?

LASTLY, WHAT IS YOUR MOTTO OR A QUOTE THAT MEANS A LOT TO YOU?

Your life is your own. Don't waste it trying to be what others expect you to be. Don't sacrifice your happiness to make everybody else happy. Don't give up on your dreams to build other people's dreams. Your life is your own. Be who you want to be and follow your heart.

TIME TO...

Dine

Here's another tasty serving of some of our favorite dishes brought to you straight from the sizzling kitchen of our food editor.

By Izelle Hoffman

Chocolate

FLAXSEED FLAPJACKS

Prep time: *10min* | Cooking time: *10min* | Servings: *10*

Ingredients

- 100z (280ml) egg whites - 8 large egg whites or alternatively you can use 4 whole eggs
- 2 heaped tbsp of ground flax seeds
- 1 tbsp (heaped) of almond flour
- 1 heaped tablespoon of raw cacao
- 1 tsp caramel essence
- 1 tsp vanilla essence
- 1 pinch of salt
- 1 tbsp raw honey

Instructions

1. Place all ingredients in a shaker with a whisk ball and shake well for 60 seconds, or place all ingredients in a mixing bowl and beat to a smooth batter.
2. Prepare a crepe pan with nonstick spray.
3. Preheat over medium heat.
4. With a tablespoon scoop batter into the pan, use 1/4 of the mix for 1 flapjack.
5. Cook until bubbles form on the surface, then flip over and cook the other side until golden brown.
6. Finish off by spreading the flapjacks with some almond butter, then topping them with sliced banana, raw honey, almond flakes and cacao.
7. Serve and enjoy!

Toppings

- almond butter
- raw honey
- sliced Banana
- almond flakes
- cacao powder

Healthy Almond Flour

CHICKEN SCHNITZEL

Prep time: *10min* | Cooking time: *±25min* | Servings: *4*

Ingredients

- 1 cup almond flour
- 2 heaped tablespoons of sesame seeds
- 1 heaped tsp fresh garlic
- 1/2 tsp salt
- 2 heaped teaspoons of onion flakes
- 1 heaped teaspoon of dried parsley
- 3 tbsp raw honey
- 4 large chicken fillets - tenderized
- 4 eggs - beaten
- 4 tsp olive oil
- 1 pinch paprika for garnish
- 1 teaspoon freshly chopped Italian parsley for garnish

Instructions

1. Preheat oven to 390F.
2. Prepare a baking tray with foil and nonstick spray.
3. Tenderize the chicken breast.
4. Seal the breast with honey on each side.
5. For the crumbs: mix the almond flour, sesame seeds, fresh garlic, salt, onion flakes and dried parsley.
6. Whisk the eggs.
7. Start by rolling the chicken breast in the crumbs so it sticks to the honey then dip it in the egg before rolling it in the crumbs again.
8. Place crumbed chicken onto the baking tray - repeat with all the breasts.
9. Bake for 20 minutes.
10. Remove from the oven, drizzle with olive oil and sprinkle with paprika and place back into the oven for another 5 minutes.
11. Serve warm with a side of your choice.

Heavenly

HAKE FILLETS

Prep time: *5min* | Cooking time: *30min* | Servings: *4-5*

Ingredients

- 1.8lb frozen hake fillets
- 1 tsp salt
- 1 tsp paprika
- 1 pinch of chili flakes
- 1 tsp dried parsley
- 1 red onion diced
- 1 tbsp olive oil
- 1 tsp chopped fresh Italian parsley for garnish

Instructions

1. Preheat oven to 390F.
2. Prepare the oven tray with nonstick spray.
3. Place frozen hake fillets on the oven tray and pop into the oven. Remove from the oven after 10 minutes and season by starting with the salt, then paprika, chili flakes and lastly the dried parsley.
4. Scatter the onion over the hake fillets.
5. Place back into the oven for another 10 minutes.
6. Remove from the oven, drizzle with olive oil and bake for another 10 minutes till golden brown and crispy.
7. Serve garnished with chopped fresh parsley.
8. Best served with salad, vegetables or a starch of your choice.

Sesame-crusted

EGGPLANT STEAKS

WITH POMEGRANATE AND WILD ROCKET

Prep time: *10min* | Cooking time: *±25min* | Servings: *4*

Ingredients

- 1 large eggplant - or 2 medium eggplants
- ¼ cup olive oil
- 1 heaped tsp paprika
- ¼ cup raw honey
- 1 tsp salt
- ½ tsp ground black pepper
- 2 heaped tbsp sesame seeds
- 3.5oz (100g) baby spinach
- 1 tbsp almond flour
- half an ounce (15g) wild rocket
- 3oz (80g) pomegranate arils

Instructions

1. Cut the eggplant into steaks about half an inch (1.5cm) thick.
2. Combine the olive oil, paprika, honey, salt and black pepper in a large bowl.
3. Add the eggplant steaks and allow them to absorb the marinade. Coat the marinated eggplant steaks with sesame seeds before cooking.
4. Heat a large frying pan until it's very hot and fry the eggplant steaks on both sides until golden brown.
5. Place the baby spinach on the bottom of a serving dish.
6. Place the fried eggplant steaks on top, sprinkle with the almond flour and garnish with the wild rocket and pomegranate arils.
7. Serve immediately.

STRAWBERRY TART

Prep time: *10min* | Cooking time: *±25min*

Ingredients

For the crust

- 7oz (200g) soaked and mashed dates
- 7oz (200g) almond flour
- 2 tsp caramel essence
- 1/2 tsp salt

For the filling

- 1lb (500g) sweet potato mash
- 3.5oz (100g) almond butter
- 3 tsp caramel essence
- 1 tsp vanilla essence
- 1/2 tsp salt
- 2 tbsp raw honey
- 3 eggs

Garnish

- 8oz (250g) fresh strawberries
- 1 tsp raw honey
- 1 handful of freshly chopped mint
- 1 pinch of salt
- 1 tsp caramel essence
- 1/2 tsp almond flour

Instructions

1. Preheat oven to 375F (190C).
2. Prepare a large 10-inch (23cm) pie dish with nonstick spray.
3. In a mixing bowl, soak the almonds in hot water till soft and drain.
4. Add the almond flour, salt and essence and mix well till you have a crumb-like texture.
5. Make a pie crust by evenly distributing the mixture in the pie dish and pressing down firmly.
6. Set aside.
7. Mix the sweet potato mash, almond butter, essence, salt and honey. Whisk the eggs separately till fluffy and add to the mixture. Mix well and pour into the baking dish.
8. Bake for 15 to 20 minutes till filling is set and crust is a dark golden-brown color.
9. In a small mixing bowl, chop the strawberries, drizzle with honey, add the caramel essence, salt and a handful of chopped mint.
10. Finish off by arranging it on top, sprinkle with almond flour and refrigerate until it's ready to serve.

The Creative Goddess

Elizabeth MARSHALL

Photographer Jason Ellis | @jasonellisphoto

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ELIZABETH, WHAT AN ABSOLUTE HONOR TO HAVE YOU, HOW EXCITED WERE YOU TO BE IN FHM?
I couldn't believe it at first! I had recently finished a really fun, eclectic shoot in Dallas with a friend of mine, and I was both shocked and delighted to hear that the images had been selected by the magazine.

MODELING IS A BIG PART OF YOUR LIFE, COULD YOU TELL US WHAT INSPIRED YOU TO START AND WHAT YOUR JOURNEY HAS BEEN LIKE TO GET TO THIS POINT?
I've always been a creative person. Theater, fashion, music, art, history and finding inspiring ways to blend them all together has always been a fascination and a hobby of mine. I started lifting weights a few years ago, and it wasn't long before I realized that I truly love combining the aesthetics of strength, femininity, beauty and grit. Opposites are interesting and fun to play with.

YOU LOOK INCREDIBLE, WHAT ARE SOME OF YOUR FAVORITE WAYS TO WORK OUT?
I'm not the biggest fan of cardio, but I get in at least 20 minutes of some high-intensity form of it at least five days a week (usually spin or intervals on the SStairMMaster). I also aim to lift six days a week and I alternate between upper and lower body days.

WE WOULD LOVE TO GET TO KNOW YOU! DESCRIBE TO US WHAT A DAY IN THE LIFE OF ELIZABETH IS LIKE?
It almost always involves a great workout in the morning, some coffee afterward and an adventure of some sort that allows me to create content or art for my social media pages. I split my time between Texas and Colorado, so I'm rarely without a cool place to shoot and fun things to do.

WHAT ARE SOME OF YOUR FAVORITE THINGS TO DO?
Exercise (obviously) but that can come in several different forms. Most of my weight training is done in a gym, but I LOVE to hike and do other athletic outdoor activities whenever I can. I also love music and cars, and both live shows and long drives in the country or somewhere beautiful do more than just about anything else to help me feel alive.

YOU'RE GLAMOROUS AND FUN, WHAT WOULD YOU SAY MAKES YOU THE HAPPIEST?
Bringing joy, hope and happiness to others. It's cliche but giving really is one of the best ways to feel genuinely rewarded and good about yourself.

TURN-ONS?
Intelligence and a great sense of humor.

TURN-OFFS?
People who act like they're better than others.

WHAT MAKES YOU TICK?
A lot of creativity, a dash of aggression, another dash of stubbornness and a heart that cares deeply about others and about living a good life.

AS AN ESTABLISHED MODEL, WHAT ADVICE CAN YOU GIVE ASPIRING MODELS OUT THERE TO HELP THEM ACHIEVE THEIR DREAMS OF DOING WHAT YOU DO?
Don't quit! Very few people are naturally good at modeling, so keep practicing until you find your groove. Also, you don't have to be 19 years old or rail thin. We're fortunate to be in a time where lots of looks and body types are being celebrated.

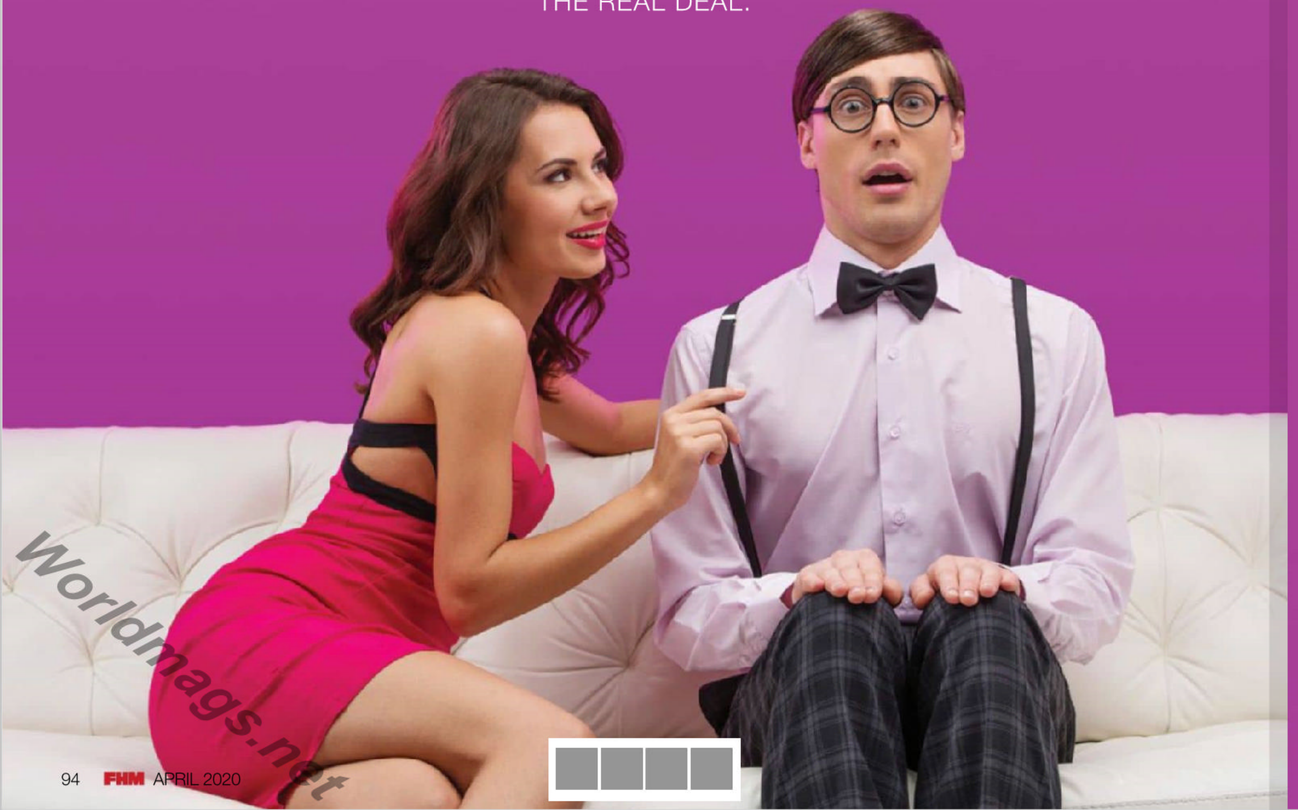
THANK YOU SO MUCH FOR LETTING US GET TO KNOW A BIT OF YOU! ANY LAST WORDS FOR OUR READERS OUT THERE?
Be kind. Always.

Worldmags.net

Elizabeth Marshall

SEXERCISE

IT'S A TERM MOST PEOPLE HAVE HEARD OF BUT MAYBE DON'T FULLY UNDERSTAND. ALTHOUGH IT'S A PHRASE COMMONLY USED IN JEST AMONGST THE CREW 'SEXERCISE' THE DESCRIBE HOT, STEAMY SEX THAT REALLY TOOK A LOT OUT OF YOU SEXERCISE IS THE REAL DEAL.



Worldmags.net

There are a few other ideas behind the concept like to warm up your body using a few exercises to get the blood flowing, loosing up your muscles, pumping the blood full of oxygen and ideally improving the overall sensation experienced during intercourse while some regard it has sex that is, well, quite the workout. It all depends on the person and purpose. Some even regard it not as a warmup or the act, but as exercises aimed at overall improvement. For a woman, something like Kegels may be considered a form of sexercise, even though no intercourse is taking place. Why? Well although it's not an exercise performed for immediate gratification, it is an exercise designed to enhance a particular part of her body that could stimulate and greatly improve the pleasure for her partner. Inversely, for a man, the goal might be to find ways to improve stamina or endurance by practicing self-restraint and finding the correct speed and momentum to prolong his endeavors. Then there's the 'sex should be vigorous' group who ideally think of sexercise as positions in which you'd need to put a little more effort into the act – think positions like the wheelbarrow or having to lift or partner up.

So, what is sexercise? Well, it has its own meaning to each person. Some say it's the prep and warmup you do with minor stretches and exercises before sex, others refer to it as a diligent form of turning the actually act of sex into a full-on exercise routine. Then there's the group of people who think of it entirely as doing exercises that'll improve your performance between the sheets. So ideally it'll be exercises that tone, strengthen or even improve your sexual features and prowess.

In the urban slang sense, sexercise can also be described as not feeling the need to go to the gym because you've already burned enough calories with a prolonged session of hot and sweaty sex. Talk about an awesome regime huh? Sexercises range from Kegel exercise to aerobic exercise and cardiovascular routines. Flexibility for performing contortion specifically for erotic or sexual positions may also be practiced. So, for the purpose of this article, we're going to stick to the definition of sexercise as regular, but more intense, steamy, sweaty, and calorie-burning sex!

The Benefits of Sexercise

Aside from being a really stimulating and positively great workout, sexercise also has a number of benefits. Researchers around the world have published numerous reports on the health benefits of sex, some of which include decreasing stress levels, boosting the immune system, burning calories, producing good pleasure-inducing endorphins and even promoting better sleep and self-confidence.

In the physical sense, sexercise is good for your body. Sex is fun, yeah we all know that, but it's also good for your health. During intercourse, you're able to increase your heart rate and improve your cardiovascular system which lowers the risk of heart attacks. Sex also helps lower blood pressure and the pleasure endorphins released mean less stress and a happier, healthier state of being. Actually, the release of these "happy" hormones is probably one of the healthiest things about sex. These endorphins stimulate cells in the immune system which appears to help ward off cancer, diminish wrinkles and increase your ability to fight infections. Then there's all the recent research evidence that suggests that men who ejaculate frequently, or at least five times per week, can experience a reduced risk of prostate cancer. That's not to say there aren't any benefits for women also. For women, intercourse and vibrators help keep the vaginal tissues supple. For both genders, the saying "use it or lose it" holds true so maybe it's a good idea to share this article and spread the good news. Just remember to always practice safe sex.

Sexercise is more than just the physical act because a lot of what goes into intimacy can benefit your mental health, confidence and general attitude towards life. Sex has been known to make you a happier and calm person. We've all noticed a person being generally more pleasant after a good round of bedroom activities so this really makes a lot of sense. The idea of sex is often general, meaning it's pictured with a usually ideal or unknown person. But some of the real benefits of sex are experienced in an intimate setting with a partner you've been in a long-term relationship with. Maybe this is what leads to the feeling of love? Though that's another debate entirely. Many studies have revealed that people who are in good long-term relationships, including sexual ones, tend to live longer and healthier lives. It's important to note that really good sex is about more than penetration. It involves foreplay, touch,

chemistry, personal connection, and communication. Sex stimulates the brain and raises self-esteem. Simply sharing an intimate moment with your partner can have a calming effect on the mind. You will also develop a glow that makes those around you smile. You secretly know why and they may too.

Consider starting slow with a few easier slightly more intense or demanding positions then work your way up. Also, talk to your partner about it to see how they feel. It might be a really fun project for the two of you to get involved in together. Once you've figured out what's more your style you can find a way to fit sexercise into your schedule, much like you work a normal workout routine. And like any workout regime, it's often good to switch it up from time to time to keep things interesting. This can include different or harder sexual positions, role-play or even different places and settings. Switching positions allows you to target multiple muscle groups so make it fun. Remember, it's not just the act itself, foreplay, kissing and touching are great ways to burn calories too. Sensual massages relax the body and help strengthen intimate bonds so there's really a whole lot you could do to feel the burn. The best part is that you won't require a gym membership and getting fit is likely to be way more fun!

Fun Facts

Kissing can burn 65 calories per hour
Sex burns between 80 and 150 calories per hour

The Top 3 Sexercise Positions You Have to Try!

Sexercise is definitely fun! It's a great way to improve your physical and mental health and although tougher, more demanding sexual positions won't necessarily be too dangerous you should always practice careful consideration and caution before trying anything new. The last thing you need is a position so daring you end up breaking your back or that of your partner's. Just remember that a few sexercise positions may make use of muscles you're not entirely familiar with using so always remember safety first.

The Wheelbarrow

Perhaps one of the simplest, more common positions suitable for starters is the Wheelbarrow. As the name implicates, the man will push from behind while the woman plays the role of the wheelbarrow lying facedown on the floor while he lifts her up from behind - much like Doggystyle but with her legs wide open and around his waist. Both partners in this sexercise will make considerable use of their upper arms, him to hold her up and her to maintain balance and lift. He will also use his quads and this is a great way to get in some cardio for both partners.

The Speedbump

Here's a very interesting position particularly if you prefer coming in from behind - think the Wheelbarrow with added support for her. The Speedbump is a rear-entry position that makes use of a medicine (yoga) ball. The idea is simple enough. The woman lies face forward resting her stomach on the medicine ball while the man positions himself behind her. The intensity of this sexercise can depend on the size of the ball and the position of her body with muscle groups like her arms and midsection being used while he works out his lower legs and quads.

Big Dipper

Here's an interesting more intermediate pose to try. It involves the man suspending his body between two level objects, ideally two chairs set a few feet apart. He'll start by balancing his body faceup and resting his legs on one chair and his elbows on the other. Be sure to get comfortable - maybe with a pillow on each chair. Once he is ready, the woman can mount him being sure to maintain her balance with her feet firmly on the ground and then the real fun begins. The idea here is for the guy to move up and down between the chairs much like he's dipping his body towards the floor before returning back up. This position is slightly more intimate than some sexercise poses because you're facing one another and can make eye contact or kiss. She can wrap her arms around him, touch his hair or chest or even rub her clitoris if you're at the right angle. Sexercises for him are the dipping down and back up while for her it's the movements of bending her knees and returning, similar to squats.

FRANCK MULLER

GENEVE

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